

35th Anniversary

Tai Chi Group

Going for over 12 years

With now more than 70 members

Tai Chi Group

Meets every Thursday morning at
Riverside Community Centre

Beginners: Qigong + Tai Chi Form (1hr)

Tai Chi Fan (half an hour)

Improvers1: Qigong + Tai Chi Form (1hr)

Improvers2: Qigong + Tai Chi Form (1.5hrs)

Beginners



Move 5
Single Whip

1st Improvers



Move 7
White Crane Spreads Its Wings

Fan



Fan Opening Form

2nd Improvers



Concealed Punch

Combinations of 5s and 7s to make 35