

Learn T'ai Chi Ch'uan

As It Was Meant To Be Learned

Most of us are familiar with the modern interpretations of T'ai Chi. While promoted in the West primarily as a health exercise, it was originally developed in china as a martial art. Although most practitioners are not interested in the martial applications, the background knowledge this aspect provides is vital for understanding mechanical efficiency and deriving the maximum benefit from the exercise.



What We Teach: (Old Yang Style c. 1915) including:

- Solo Form
- T'ui Shou (Pushing Hands Exercise)
- Application of the Solo Form
- Sword Form & Applications
- Qigong (Health Breathing exercise)

The Instructor:

Mr. Dennis Rovere is considered one of the most qualified T'ai Chi Instructors in the Western World. His partial lists of qualifications include:

- 30+ years of teaching experience. (Only non-oriental to receive his teaching certificate from Chang Hsiang Wu.)
- **First** non-oriental to receive **special recognition as a martial arts instructor from the Government of the Republic of China.**
- Recipient of the Chiang Ching Guo (**Presidential**) **Award for Chinese Culture** from the Government of the Republic of China.
- **Organized** and taught the **first government sponsored T'ai Chi program in North America** for senior citizens.
- Internationally published author and the **subject of a documentary film** on T'ai Chi for Seniors. (Government produced film.)
- **Teaching programs for numerous multi-national corporations and at the university level.** (In the mid-1970's Mr. Rovere started the T'ai Chi program for the City of Calgary Parks and Recreation. In the late 1970's this program was turned over to the late Mr. Mon Wong at Mr. Rovere's request.)

Schedule and Costs:

We are accepting a limited number of new Adult students every month. Cost is \$180.00 for 3 months. Classes are currently held on Saturday mornings from 10:30 am - 12:00 noon. Sword training is held on Thursday evenings (7:00 - 8:00 pm) for an additional \$30.00/month. (You must be a T'ai Chi student of Mr. Rovere's in order to study sword.) Students must supply their own practice sword.

To Take A Complimentary Class Call: 253-6032