

FIRST CLASS FREE

Tai Chi Classes at LBE



Where – Still Water Tai Chi Center inside Lead By Example Tae Kwon Do at 11226 Waples Mill Rd., Fairfax, VA 22030 (next to Sleepy's Mattress)

When - Sundays 10 am - 11:15 am
Wednesdays 11:10am – 11:50am & 12:10pm – 12:50pm

Who - Dante Gilmer (see teacher bio below)

Why - For Health and Self-Defense

How Much – Initial class is FREE

Sunday classes: \$10 per class -- minimum purchase of 4 classes (buy 8 classes at one time and get another class FREE); or \$15 drop-in fee per class

Wednesday classes: \$5 per class -- minimum purchase of 8 classes; or \$10 drop-in fee

How Do I Register? - Send an email to staff@StillWaterTaiChi.com or call 703.862.2192

What is Tai Chi (Chuan)? - Tai Chi is a classical Chinese martial art. It is often practiced for its health benefits. Some of the benefits of practicing Tai Chi are better balance, coordination, joint mobility, muscle toning, and stress reduction as well as self-defense skills.

What is this class like? - Each class starts with slow joint loosening and muscle stretching exercises. Then we move into the Tai Chi form practice. Form practice consists of learning a series of flowing moves and refining the details of these moves with proper movement mechanics, breathing and self-defense strategies.

Teacher Bio - Dante Gilmer started studying Tai Chi Chuan in 1993 under Scott Rodell at Great River Taoist Center in Washington, DC.

Dante taught beginner and intermediate Tai Chi form classes and led sparring classes at Great River Taoist Center from 1996 - 2002. He also taught beginner form classes at the IMF in Washington, DC from 1997 - 2000.

In 2011 Dante was awarded instructor certification by Kyusho-jitsu Kenkyukai (KJK/DKI) - translated as Pressure Point Research Society.

Dante's recent competitive successes include:

2011 Baltimore Gift Of Tai Chi Gold Medalist in restricted step and moving step Push Hands

2011 Wong People Tournament Gold Medalist in restricted step and moving step Push Hands

2011 Push Hands Grand Champion US Capitol Classics

