

9700 France Avenue S
Bloomington, MN 55431

Tel. (952) 487 - 8343

<http://normandale.augusoft.net>

Tai Chi Cane Workshop with Dan Jones

This program takes a daily-life tool and transforms it into an innovative form for exercise, healing and self-defense. The workshop is suitable and safe for adults of all ages. You should have some working knowledge of Tai Chi or Katas (done slowly and fluidly) to participate in this workshop.

You will learn basic cane manipulation, how to use the cane for self-defense purposes, a long-cane form as well as a short-cane form that is easy to learn with minimal exertion. You will also learn how to safely practice the form and self defense movements, so you can practice at home and continue to improve.

Note: Please bring your own cane to the workshop. A wooden cane or adjustable medical walking canes with the curved handle wrapped in foam are acceptable. Try to use a cane that's a comfortable height for you.

Entire Series - \$225 - 14.4 Contact Hours

Sat & Sun, 4/9/11 & 4/10/11 9:00am - 4:00pm RM: S2330

Single Day Session - \$125 - 7.2 Contact Hours

Class ID: 15152 Sat, 4/9/11 9:00am - 4:00pm RM: S2330

Class ID: 15153 Sun, 4/10/11 9:00am - 4:00pm RM: S2330



Dan Jones became a Sifu (Teacher) in Won Chuen Temple Boxing in 1987. To date, he has been a practitioner of Tai Chi and Internal Kung Fu for over 30 years, and a Tai Chi Instructor for over 27 years. He is one of fifteen Tai Chi Instructors in the United States certified as a Tai Chi for Arthritis Master Trainer and one of five instructors in the United States certified as a Tai Chi for Diabetes Master Trainer. At his home in Michigan, Sifu Jones teaches and promotes the fluid and graceful healing art of Tai Chi.

Register Online: <http://normandale.augusoft.net>
Or call 952-487-8343 for more information

