

Call (952) 487 - 8343  
for more information

To register, visit  
<http://normandale.augusoft.net>



## Tai Chi

What is Tai Chi? Tai Chi Chuan is a gentle, refined exercise that offers many healing benefits to people of all ages and physical abilities. With its roots in the martial arts and the ancient practice of Qigong (chi kung), Tai Chi is a slow and rhythmical form of exercise.

Benefits of Tai Chi can be used to improve over-all health, well being and also managespecific health concerns such as diabetes and arthritis. The practice of Tai Chi will help increase flexibility, muscle strength and heart/lung activity. It will also help align posture and balance, reduce stress, and improve relaxation.

### ABC's of Tai Chi

This class will teach the fundamentals of Tai Chi Chuan. It will utilize many different practices and techniques including Qigong, meditation, posture, walking, breath and alignment preparing you for further studies in Tai Chi.

12 Contact Hours, \$89 or \$10/class, INSTR: Russ Smiley

**Class ID: 15122** Wed, 1/26/11 – 3/30/11 7:00pm – 8:00pm RM: S2330

### Beginning Tai Chi for Health and Arthritis

Tai Chi for health beginning follows the Tai Chi from the Arthritis Foundation program. Recommended as a starting point for your Tai Chi journey, this course will introduce Dr. Lam's Simplified Sun Style Tai Chi in a safe and supportive environment. Other certified teaching assistants may be scheduled to teach this course on an infrequent basis.

**Class ID: 15123** (*Free sitting/standing meditation from 10:05 - 10:30am*)

18 Contact Hours, \$89 or \$10/class, INSTR: Russ Smiley

Sat, 1/22/11 – 4/2/11 (no class 3/19) 10:30am - 12:00pm RM: S2330

### Class ID: 15124

12 Contact Hours, \$89 or \$10/class, INSTR: Keith Root

Mon, 1/24/11 – 4/4/11 (no class 2/21) 7:00pm – 8:00pm RM: A1560

### Class ID: 15125

 (*Free sitting meditation from 6:30 - 7:00pm*)

12 Contact Hours, \$89 or \$10/class, INSTR: Keith Root

Thurs, 1/27/11 – 3/31/11 7:00pm – 8:00pm RM: A1560

### Beginning Tai Chi for Health and Diabetes

A beginner's course designed by Dr. Paul Lam in conjunction with his Tai Chi associations and a team of medical experts to provide an exercise that promotes relaxation, prevents diabetes, and improves cellular uptakes and glucose metabolism. 12 Contact Hours, \$89 or \$10/class, INSTR: Keith Root

### Class ID: 15126

Sat, 1/22/11 – 3/26/11

11:30am - 12:30pm

RM: A1570

(see website for detailed class dates)

### Introduction to Tai Chi Fan

The spiraling movements of the Tai Chi Fan form are based in the Yang style. The combination of fluid motion and stillness help us explore the balance of Yin and Yang. The 10 week course will include instruction in the use of the fan and the first section of the form. Fans will be available for purchase in class. 12 Contact Hours, \$89 or \$10/class, INSTR: Linda Ebeling *has been a fitness instructor for 10 years. Her Tai Chi practice includes Sun style, Yang style, Fan and QiGong, including the Five Animal Frolics.*



### Class ID: 15127

Tues, 1/25/11 – 3/29/11

7:00pm – 8:00pm

RM: A1560



**Dr. Russ Smiley**

*has taught at Normandale for 23 years and holds a Ph.D in Health Education. One of fifteen Master Trainers for the Tai Chi for Arthritis program in the United States, he also is certified to teach Tai Chi for Diabetes and Tai Chi for Back pain. Dr. Smiley serves on the Board of Directors of the Tai Chi for Arthritis Association of America and also serves on the Board of Advisors for the American Academy of Acupuncture and Oriental Medicine.*



**Keith Root**  
*began his Tai Chi journey in 1993. He studied Wu Style and then*

*became involved with Yang family Tai Chi Chuan. He started with Chen Man Cheng's short form before learning Doc Fai Wong's short and intermediate forms, and two weapon forms; the sword and fan. Presently, Keith is continuing his study of Yang style Tai Chi Chuan and Yi-Quan with Fong Ha. Keith is certified in the Tai Chi for Arthritis and Tai Chi for Diabetes programs and is very active with the local Arthritis Foundation chapter.*

**Sun Style 97 Form**

This course covers powerful Qigong and agile steps. It is ideal for self-growth and healing – a suitable next step for those who have completed other Tai Chi classes. Other certified teaching assistants may be scheduled to teach this course on an infrequent basis. 10 Contact Hours, \$89 or \$10/class, INSTR: Russ Smiley

**Class ID: 15128**

Sat, 1/22/11 – 4/2/11 (no class 3/19) 9:00am – 10:00am RM: S2330

**Yi Chuan NEW**

Yi Chuan (also known as "Yi Quan" or "Da Cheng Chuan") is a solid, down to earth martial arts style from China that is attracting practitioners world-wide. The methods provide its students a framework to discover and cultivate whole-body or "Hunyuan" strength as the foundation for improving health, strength, energy and self-defense capacity. This is an intermediate/advanced class but needs no pre-requisite as the training is simple to understand. 12 Contact Hours, \$89 or \$10/class, INSTR: Keith Root

**Class ID: 15137**

Thurs, 1/27/11 – 3/31/11 8:00pm – 9:00pm RM: A1560

**Yang Style 24 Form - Intermediate Tai Chi**

This course covers the Yang Style 24 Form, the most popular form of Tai Chi in the world. It is practiced in the United States by thousands of people and millions around the world. There is no prerequisite to take this class, however, it is more strenuous than the Tai Chi for Health classes. 10 Contact Hours, \$89 or \$10/class, INSTR: Heather Reade

*Heather Reade is a Licensed T'ai Ji and Qigong Instructor, BCCMA, and ACE Certified Personal Trainer, and T'ai Ji-Qigong Programming Coordinator a local health center. She has been teaching tai chi since 1999 in England and the US and is a Senior Trainer for Dr. Lam's Tai Chi for Health programs and T'ai Ji Liaison for the Arthritis Foundation in Minnesota.*



**Class ID: 15129**

Thurs, 1/27/11 – 3/31/11 7:00pm – 8:00pm RM: A1570

**Yang Style 40 Form**

Broaden your understanding of Yang style. Based on the classical Yang Style Long Form, this well constructed set is graceful, open-framed and more in-depth than the popular Yang Style 24 Forms. This course is recommended for those who have had some previous Tai Chi instruction. 12 Contact Hours, \$89 or \$10 /class, INSTR: Keith Root

**Class ID: 15130**

Mon, 1/24/11 – 4/4/11 (no class 2/21) 8:00pm – 9:00pm RM: A1560

**Class ID: 15131**

Sat, 1/22/11 – 3/26/11 10:30am – 11:30am RM: A1570  
(see website for detailed class dates)

**Yang Style 108 Form – Advanced Tai Chi**

Following closely the teachings and practices of Sifu Fong Ha this class consists of sitting and standing meditation, Qigong practice, the Yang Long Form (Yang 108) and two person energy work. 18 Contact Hours, \$129 or \$15/class, INSTR: Keith Root

**Class ID: 15132**

Sat, 1/22/11 – 3/26/11 8:30am - 10:00am RM: A1570  
(see website for detailed class dates)



# TAI CHI CERTIFICATE PROGRAMS

The Tai Chi Certified Teacher Training Programs are designed for certified exercise instructors, Tai Chi instructors, advanced Tai Chi students and healthcare professionals (physicians, nurses, PT's chiropractors, exercise physiologists, massage therapists, etc.).

## Register online

To register for TCA 1 Update and TCA 2 Series select "View Course Series" at <http://normandale.augusoft.net>



**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.

## Tai Chi for Arthritis – Teacher Certification 1

The Certified Teacher Training Program is designed for certified exercise instructors, Tai Chi instructor, advanced Tai Chi students and healthcare professionals (physicians, nurses, PT's chiropractors, exercise physiologists, massage therapist, etc.) This course is endorsed by many arthritis foundations worldwide. The certification is "Tai Chi for Arthritis." Note: An instructional DVD will be sent prior the workshop. 16.8 Contact Hours, \$240, INSTR: Russ Smiley

### Class ID: 15133

Sat, 5/14/11 & 8:00am - 4:00pm  
Sun, 5/15/11 9:00am - 4:00pm RM: S2330

## Tai Chi for Arthritis – Teacher Certification 1 Update

The Tai Chi Update is required every 2 years to keep one's skills and knowledge current. Time will be spent revising the 12 Tai Chi for Arthritis movement and reviewing instructional training and theory. This is a supplemental training for instructors/leaders of the Tai Chi for Arthritis Program. Prerequisites: Tai Chi for Arthritis – Teacher Certification 1 or 2. 9 Contact Hours, \$85 (or \$175 for both the TCA 1 Update and TCA 2), INSTR: Russ Smiley

### Class ID: 15134

Sat, 5/14/11 8:00am - 4:00pm RM: S2330

## Tai Chi for Arthritis – Teacher Certification 2

This workshop is open to anyone who has completed the Tai Chi for Arthritis Teacher Certification (Leader's Course) by Dr. Paul Lam or his authorized trainers. This is a supplemental training for instructors/leaders of the Tai Chi for Arthritis Program. Prerequisites: Tai Chi for Arthritis – Teacher Certification 1. Note: An instructional DVD will be sent prior to the workshop. 7.8 Contact Hours, \$120 (or \$175 for both the TCA 1 Update and TCA 2), INSTR: Russ Smiley

### Class ID: 15135

Sun, 5/15/11 9:00am - 4:00pm RM: S2330

For questions regarding the content of Tai Chi for Arthritis – Teacher Certification, students may contact Keith Root at: [keith@nbds.com](mailto:keith@nbds.com) or 612-812-8361.

## Tai Chi Cane Workshop with Dan Jones **NEW**

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. INSTR: Dan Jones

*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



To register for entire series,  
select  
"View Course Series" at  
<http://normandale.augusoft.net>

### Tai Chi Workshop with Fong Ha

Join Fong Ha as he shares his power, graciousness and insight with you. YiQuan is a form of physical and mental training which requires no special equipment or skills. This standing meditation will help to develop one's internal energy or Qi for enhancing your health, reducing stress, improving concentration, and increasing vitality. You may find more information in "Warriors of Stillness" or "The Tao of YiQuan" written by Jan Diepersloot, one of Master Fong Ha's students. You may also visit his website at: [www.fongha.com](http://www.fongha.com). INSTR: Fong Ha

#### Entire Series - \$140 - 15.8 Contact Hours

Sat & Sun, 6/25/11 & 6/26/11      9:00am - 4:00pm      RM: S2330

#### Single Day Session - \$85 - 7.8 Contact Hours

##### Class ID: 11493

Sat, 6/25/11      9:00am - 4:00pm      RM: S2330

##### Class ID: 11494

Sun, 6/26/11      9:00am - 4:00pm      RM: S2330



*Fong Ha currently directs the Integral Chuan Institute in Berkeley California and has given numerous seminars throughout the world. Fong Ha is a master of Yang style Tai Chi having studied it since his youth with both Dong Yienjie and then Yang Shouzhong. He later studied YiQuan with Han Xingyuan and gained insights into QiQong with his friend Cai Songfang. You may find more information in "Warriors of visit his website at: [www.fongha.com](http://www.fongha.com). Stillness" or "The Tao of YiQuan" written by Jan Diepersloot, one of Master Fong Ha's students.*



## WORLD TAI CHI AND QIGONG DAY

### Free Global Community Event

Saturday, April 30, 2011 9:00 am - 12:00 pm  
Normandale Community College - Gymnasium

**Register Online**  
<http://normandale.augusoft.net>

**Call** 952-487-8343 for more  
information

Everyone is invited to learn and celebrate the unifying power of Tai Chi and Qigong for achieving better health and a better world.

- Experience five beautiful and health promoting forms of Tai Chi featuring Dr. Russ Smiley
- Learn about additional Health and Wellness programs and how to enhance your health
- Join Master Chunyi Lin and Spring Forest Qigong for a very special healing meditation
- Feel the energy of over 60 countries celebrating WTC&QD together, uniting our world.



### *One World - One Breath*

Because of limited seating, we are asking individuals to **PRE-REGISTER** for this fun, free event.

<http://normandale.augusoft.net>



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