



Introductory Class to Tai Chi and Qigong

Class starts Sunday 4 October 2026

Registration and Optional Observation Classes

TBD

Website: gufengtaichi.org (Email contact: info@gufengtaichi.org)

In this 6-months-once-a-week class, students will be introduced to Tai Chi and Qigong through a 24-posture simplified Yang style routine and a few Qigong exercises. At the end of the class, students will have the opportunity to join the club for long-term practice and learning.

The class includes introduction to:

- Eight Section Brocade (BaDuanJin八段锦)
- Pai Da Gong (拍打功)
- Moving Poles (太极行功)
- Pole Standing (ZhanZhuang 站桩)
- Tai Chi & theory, concepts
- 24 posture Yang Style routine (24式杨氏太极拳)

Class time is Sundays 10:30-12:30 (Winter class time) 10-12 (Summer class time)

Location:

Academy of Chinese Martial & Cultural Arts

1750 38th Street

Boulder, Colorado 80301

Cost: \$120.00 per Quarter (12-13 classes). Due Oct. 5, 2025 and Jan. 4, 2026 Club shirt required: Options are: Short sleeve t-shirts \$15, Long Sleeve t-shirts \$20, Sweatshirts \$25.

Students on the waiting list will be invited for the Registration and Optional Observation Class toward the end of summer.