



Tai Chi Chuan, Grand Ultimate Fist...

...can best be described as a series of 108 structured and flowing movements which are performed over a period of 30 minutes. Although it was originally developed as a form of self-defence and can still be applied to that purpose, most practice it to improve their health. When practiced slowly and combined with deep breathing techniques, relaxation and mental focus, Tai Chi Chuan becomes a meditation, as well as, a low-impact aerobic & enjoyable exercise. **The Grand Ultimate Exercise.**



Health Benefits when practiced regularly:

- relieves arthritis & improves joint flexibility by the gentle rotation of the spine & joints, which increases synovial fluid
- helps to relieve asthma by using deep breathing exercises, which increases lung capacity
- increases circulation & lowers blood pressure because it is a cardiovascular exercise
- alleviates stress
- helps control weight
- improves memory
- tones muscles
- improves mind-body coordination
- improves balance & mobility
- increases efficiency of internal organs, such as bowels, heart and lungs

*Researchers are now investigating positive effects of Tai Chi on cancer, sleep disorders & depression.

Please ask your doctor for more information about how Tai Chi might benefit you.



History of the Upper Ottawa Valley Tai Chi Club

Tai Chi was introduced to the area by Mila Schimmens in 1990.



The club is fortunate to have the direction of Sigung (Grand Master) John Oliver Peel, a very well respected and knowledgeable

teacher who has practiced Tai Chi for more than 35 years. Grand Master Peel is a second generation student of Master Yang Chen Fu. The club also receives instruction from his partner and wife, Sifu (Teacher) Valerie Houston Peel.

Under the direction of Sigung John, the club has returned to a very traditional Yang style of Tai Chi Chuan. He has added some additional forms to our repertoire such as sword form, Lohan, Chi Kung breathing exercises and much more.



Instructors

All of our teachers and assistant instructors are volunteers, in keeping with Tai Chi philosophy. They regularly attend workshops so that their teaching methods are constantly being improved. A teacher's certification program is available.

Tai Chi is simple to learn and easy to do, yet the benefits are many. Tai Chi's slow, relaxed movements incorporate breathing and relaxation techniques that cleanse our mind, body, and emotions each time we go through the gentle movements. Specifically designed to uncover and release tension or blocked energy to promote self-healing.

The Art is personal to each individual player.

A whole, living-better, living-healthy experience from incredibly caring and supportive instructors.

