

Tai Chi Testimonials

“To the Staff of Legacy American Martial Arts,

I am writing this letter to say “Thank you.” My story may be a bit different from some of the others that are participating in your class. Like my fellow students, I have benefited immensely from my participation in Tai Chi classes.

I was very skeptical of doing Tai Chi and Qigong meditation but my back was against the wall and I was being told that if I did not make a life altering change that I would have severe health repercussions, I was struggling with very high blood pressure and my future was 3 high blood pressure pills and various other medications and changing my career to basket weaving. ***That is not an acceptable path for me!***

My employment was causing me to become overworked, very stressed out and was turning me into a grumpy tired old man at 52 and I was having trouble dealing with the simplest of distractions and experiencing symptoms of depression.

I did not want to start medications so I asked for a chance to fix my maladies myself I was told that Tai Chi would be a good way to ease into a really good mind workout. Not knowing anything about Tai Chi, I assumed that I would be learning how to stretch but aside from that I was in the dark!

—fast forward 3 months—

I have become a Tai Chi-er for life! Take it from me, it’s never too late to start Tai Chi. I am now hooked and will practice Tai Chi for the rest of my life.

I know that I have a long way to go but I am confident that Tai Chi is my serenity —I am a work in progress.....and I am also a firm believer that If you don’t have quietness or tranquility, you will never see the miracle of movement

I will be eternally grateful to you for your patience, your encouragement, your instruction in helping me with my quest of becoming a healthier me

Your class is incredible for your body, mind and soul. You enhance my life greatly and others too, I'm sure. The Stress Release, the physical workout and the many other advantages are hard to describe. The aspect that makes your class so superior is its perfect balance, the rhythm, the breathing, the difficulty and the ease at the same time; your soothing voice and gentle reminders are almost hypnotic. It can be a deeply profound and meditative experience.”

John Hunstad