

Introduction to

TAI CHI

SATURDAY

December 15

2-5 pm

\$25



Anthony Fazio, our long time friend and acupuncturist-in-residence, is offering this **Intro to Tai Chi** as a fundraiser for Aikido Centers.

Anthony Fazio, L. Ac., D.A.O.M. (c) is nationally certified and licensed to practice acupuncture and Chinese medicine. Anthony has studied martial arts for over twenty-five years, including Aikido, Iaido, Classical Yang style Tai Ji Quan, and both Daoist and Buddhist Qi Gong. He designed and taught the Tai Ji Quan course for six years at NYCC Finger Lakes School of Acupuncture in Seneca Falls.

Anthony is a senior student of Fifth Dragon Tai Chi Institute, Toms River, NJ. His teacher was Sifu Alexander Kiupe, the founder and chief instructor of Fifth Dragon.

Anthony recently returned from China where a friend had entered his three accompanying students in the 14th Tai Ji International Competition in Handan, Hebei. After working with these folks for less than a week, Anthony offered to join in the event. They were awarded 1st Place in the small group international division.

“Our afternoon seminar will focus on learning a short routine comprising some of the basic, easy-to-learn movements from the Yang form.

Please wear loosely fitting comfortable clothing; little or no jewelry is advisable.”

- Anthony



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