

# Flow with Grace! Join Tai-Chi 太極



綦老師

INSTRUCTED BY  
**Panda Kung Fu  
& Tai-Chi  
Academy**

Immerse yourself in the art of Tai-Chi and experience a journey of inner harmony and tranquility. Join us for an enchanting Tai-Chi class where you'll learn the graceful movements that have captivated minds and hearts for centuries.

- Flow like a gentle river, find inner peace
- Cultivate balance, flexibility and strength
- Open to adults and all skill levels

**Time: 3-4pm | \$330\*** /per school year  
**Location: Closed Gym**

## Instructor Bio

Coach Qi is a graduate of Beijing Sport University, widely regarded as one of China's premier sport institutions. With an impressive track record, Coach Qi has secured numerous national and international accolades in a wide range of disciplines, including Long Fist, Broad Sword, Staff, Straight Sword, Spear, and Tai-Chi, throughout his career in Wushu.

Coach Qi's expertise extends beyond personal achievements. He has successfully coached and directed Wushu teams in multiple countries, showcasing his exceptional skills and knowledge to aspiring practitioners worldwide. Moreover, Coach Qi has received invitations to serve as a judge in various prestigious competitions across the United States.

He is also the founder of Panda Kung Fu & Tai-Chi Academy, conveniently located in Naperville, Coach Qi has amassed a wealth of teaching experience spanning over a decade. With an unwavering commitment to excellence, Coach Qi consistently strives to establish and maintain the utmost standards in his Wushu program, ensuring the highest quality of instruction and training.

Reserve your spot today at [www.ncschool.org](http://www.ncschool.org) or scan the QR code. Don't miss this change to a journey of self-discovery!

\*Please be advised that the sign-up fee for the Tai-Chi class will commence at a minimum of \$100 per participant. However, we would like to emphasize that the final fee is currently under confirmation with the instructors and is subject to potential adjustments. We are diligently working to finalize the fee structure as promptly as possible to provide you with accurate and up-to-date information.

