

魂源太极：上海太极拳培训学习中心

产品名称	魂源太极：上海太极拳培训学习中心
公司名称	上海魂源文化传播有限公司
价格	2200.00/期
规格参数	
公司地址	嘉定区宝安公路4229号102室-161
联系电话	18221171148

产品详情

上海太极拳培训学习中心chinese taichi martial arts academy隶属于上海魂源太极文化传播有限公司，创始于2005年上海体育学院，通过每个月一期的太极拳初级小班、中级小班、陈氏太极拳私教班培养教授了数以千计的太极拳爱好健身者。目前上海太极拳培训中心通过近七年的努力已在上海体育学院成功开办了80期太极拳培训学习班，太极拳培训中心的太极教练都为上海体育学院太极拳专业教练，有多年学习和授课经验。创始者王凯源（总）教练，通过多年在上海、澳大利亚等国对中国、美国、日本、德国、法国、意大利、韩国、印度、葡萄牙、西班牙、澳大利亚等国学生的教授，建立一套特有的太极拳气功健身养生体系。

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???http://www.shanghaitaijiqian.com/

email: wangzisheng999@hotmail.com

?????http://www.dianping.com/shop/4732357

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the tai chi activity basic schedule:

1. 45min~60min chinese martial arts museum visiting

2. 1:30 min tai chi taste class

<1>. 5min chinese tai chi introduction with a chinese traditional story

<2>. 3~5 min tai chi performance with chinese traditional music

<3>. 10 min tai chi qi breath learning

<4>. 45~50min tai chi basic skills learning

<5>. 20 min tai chi push-hands learning (interaction part)

tai chi is a martial art and also a sport for competition and fitness. it has a long history in china. it's originated from ancient shooting and sword techniques, compiling with our body structure and the way nature runs.

the movements of taiji are both natural and elegant. you can feel the rhythm of music, the ideas of philosophy and the art of poems. in this high-class sport, sickness goes away and health comes.

