

Try Something NEW with your Virgin Hands

by Tom Hood

There are numerous health benefits associated with Tai Chi Chaun: improved posture and breathing, relaxation,

grabeiwent on Joseph-1.2c Tf-00f-0W1f-f5o.2c Tf1e9 201f- his coordination, he joined them. Since that Chaun on and off for many years, doing a show developed by Master Cheng Man Ching.

Since this is an introductory class, no experience principles, “virgin hands,” best describes the desire for exposure to a new experience. You