

This brochure contains specific information about Tai Chi classes at Ethereal Arts. For information on our other styles please see the brochure dedicated to that art.

The Ethereal Arts Self Defense studio was opened in 1996 by the creator of the Griffin System of Kenpo, Grandmaster Eric Frost. His martial philosophy focuses on a deep understanding of the art, as well as maintaining the five rules for both training and life: Effort, Etiquette, Sincerity, Character and Self-Control.

**What is Tai Chi?** Tai Chi is a series of physical motions that when performed, give the practitioner greater range of motion, increased oxygen and blood circulation as well as an inner calm and focus. There are long and short sequences of motion as well as advanced sequences such as using a fan. The motions of Tai Chi are practiced slowly with an emphasis on balance and continuous movement. Unlike Qigong exercises, Tai Chi makes use of the whole body and not just the arms.

**How is Tai Chi different from other martial arts?** While Tai Chi is a martial art, it is presented and taught first and foremost as a means of health and self improvement. There is no shouting or brick breaking in Tai Chi and there are no competitions based on strength. Karate type shouting is also not what Tai Chi is about. Since Tai Chi is an internal art (sometimes called a soft art) its primary focus is on the development of the individual. Spiritual, physical, or mental development is dependent upon what each person wants from his or her practice of the art. If someone is solely interested in the meditation side of Tai Chi then they are welcome to pursue that facet of the art. This makes Tai Chi different because each person may have different reasons for studying as well as different goals they are working toward and Tai Chi can provide each person with his or her desired result. To date, each and every student that has come to this school seeking Tai Chi as a means of physical therapy has regained a large portion of their lost range of motion. Talk to some of our students and hear their stories of what **Tai Chi** has done for them.

**Why should my child enroll in a Tai Chi class?** While Tai Chi is not limited to adults there are very few children that are willing to move slowly and quietly while working on the same movement repeatedly to attain self perfection and inner peace. That being said, if a child age 6 or above wants to try a class we will be happy to give them a free trial lesson. However we do request that a parent stay to watch the trial class and monitor their child's reactions to learning **Tai Chi**. Should Tai Chi prove to not be for your child we have other classes available that may be just right.

**Is there an age restriction to learning Tai Chi?** Yes, the earliest a person can begin learning Tai Chi at Ethereal Arts is age 6. As far as an upper limit, the oldest person that has studied Tai Chi at our facility is 89. That is not a limit however, it is merely a point of reference. Tai Chi has been known to be practiced by people even into their 100's. We welcome the opportunity to break that record at our school.

**What classes are available for Tai Chi?**  
Our classes and curriculum are as follows:

- Tai Chi (all skill levels)  
(Monday and Wednesday 12 - 1:00 PM)
- Tai Chi (all skill levels)  
(Tuesday and Thursday 7:30 - 8:30 PM)

**Can I watch? / Can I participate?** People that are interested in the Tai Chi class are welcome to watch a class and are invited to participate in two free classes. It is our policy that people can only make an informed choice if they have actually tried the class to see if they like the art as well as the instructor and his or her teaching methods.

**Can girls learn Tai Chi Karate as well?**  
Absolutely!! Tai Chi is an art that anyone can study, young or old, boy or girl it makes no difference. The real requirements of Tai Chi are patience and persistence. If you have those then you will have a great time learning Tai Chi. Here at Ethereal Arts we have been striving to introduce Tai Chi and other martial arts to girls of all ages in the effort to teach them self confidence and skills needed in order to protect themselves in the modern world. Girls are every bit as good as boys in the martial arts and it is highly recommended that they have at least one year of self defense training before going to college. Tai Chi is designed so that both women and men are able to participate. We do not expect anyone to come here equipped with massive strength or amazing agility. Everyone who enters the dojo is respected, and encouraged to learn. Begin anytime with a group or private lesson. No experience is necessary. Walk-ins are always welcome even during class times.

**I have heard that Tai Chi is good for recovering from an injury. Is this true?** Yes, Tai Chi is one of the highest doctor recommended activities for recovery from certain types of injuries. Neither yoga nor swimming can help in regaining lost range of motion like Tai Chi can. It is also great for improving balance.

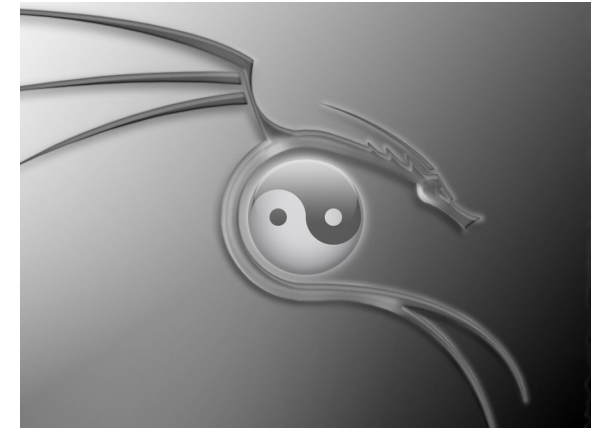
**What other martial arts do you teach?** The Ethereal Arts Self Defense Studio offers a variety of programs teaching adults and children in their own specialized groups. Private lessons are also offered throughout the week (including Sundays).

The following martial arts are also available: Kenpo Karate, Muay Thai Kickboxing, Tai Chi, Submission Grappling, Chin-Na, and our newest addition, Live Action (foam) Weapons.

**Can I begin taking classes right away?** Yes, begin with two free trial classes and if you decide to continue then simply attend classes as before. There is no need to wait till the beginning of the month or for a "session" to begin or end. New students are integrated into the class whenever they come in.

For information on our other classes, please look in our lobby for the full line of our style specific brochures or contact the school at the number below.

All of our class times and prices can be found on our class schedule. Please stop by the school and ask for one or visit us on the web to view a copy online at [www.etherealarts-sd.com](http://www.etherealarts-sd.com). We offer discounts for additional family members and free trial classes as well.



**Call for free trial classes.**  
**978 - 897 - 8585**  
**[www.etherealarts-sd.com](http://www.etherealarts-sd.com)**  
**[etherealartselfdefense@gmail.com](mailto:etherealartselfdefense@gmail.com)**

# Programs

- **Kenpo Karate**
- **Tai - Chi Chuan**
- **Chin - Na (Grappling)**
- **Lissajous Weapons System**
- **Submission Grappling**
- **Muay Thai Kickboxing**
- **Pressure Points**
- **Private Lessons**
- **Seminars**
- **Sparring**
- **Live Action Weapons (L.A.R.P.)**
- **Birthday Parties**

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Supports



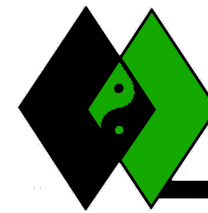
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## Tai - Chi Chuan

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Kenpo Karate / **Tai - Chi** /  
Lissajous Weapons System /  
Submission Grappling / Muay  
Thai Kickboxing / Chin-Na /  
**NEW** Live Action weapons

**We Have Been Teaching Martial  
Arts For Over 30 Years**

**In 2015 Grandmaster Frost  
Was Inducted Into The  
Martial Arts Hall Of Fame**

**Griffin Ryu Kenpo Karate  
Was Inducted Into The  
Kenpo Arts Family Tree 2015**

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**[www.etherealarts-sd.com](http://www.etherealarts-sd.com)**