



The Chinese Association of Greater Toledo Tai Chi Club

Who Are We?



The Chinese Association of Greater Toledo Tai Chi Club is part of the Chinese Association of Greater Toledo (CAGT). CAGT is a nonprofit and 501(c) (3) tax-exempt organization. CAGT membership is open to anyone who is interested in CAGT's activities or desires to learn about China, Chinese culture and language. For more information about CAGT and CAGT membership please visit <http://toledochinese.org/>

The CAGT Tai Chi Club offers CAGT members the opportunities of learning Tai Chi and Qi Gong. Our mission is to promote the awareness of Tai Chi and Qi Gong as excellent exercises for relaxation and the achievement of physical and mental health. We also want to improve our Tai Chi performance and serve the community through demonstrations. Our members can perform Tai Chi forms 8, 13, 24 and 42, Tai Chi Gong Fu Fan, Tai Chi Double Fan, and Tai Chi Pearl, as well as other forms of Tai Chi and Qi Gong.

Class Information

We organize summer, fall, winter and spring Tai Chi/Qi Gong classes and practice. Classes are free to CAGT members. There is a small fee for non-CAGT members. However, non-members are encouraged to join CAGT and take the classes for free. CAGT annual family membership is \$25; individual annual membership is \$15.

Spring 2020 classes begin 1/5 and end 5/24, every Sunday, from 10:00 am – 12:00 Noon.

Location: Wolfe Hall @ UT, 3050 West Towerview Blvd, Toledo, OH 43606

Class content: **10:00 – 10:45:** Warm-up Qigong, Tai Chi 8 Form, Eight Section or Mawangdui Qigong.
10:45 – 12:00: **Beginner Class: Basic Training, Tai Chi 8 Form & Eight Section Qigong.**
10:45 – 12:00: **Intermediate Class: Tai Chi Form 24 Teaching.**
10:45 – 12:00: **Advanced Class: Going over Tai Chi Form 42, Tai Chi Form 13, etc.**

Free to CAGT members, \$40 for non-members.

Contact Information

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