



Wind River Internal Martial Arts Association Tucson

Internal Martial Art - Tai Chi and Yi Chuan

The practice of Internal Martial Art helps to reduce stress, increase balance and flexibility. It has also been known to ease arthritis pain, as well as build muscle strength and enhance balance and flexibility. Tai Chi and Yi Chuan are internal martial arts with serious applicability to self defense as well as for health maintenance.

We practice Yang style Tai Chi Chuan and Yi Quan Zhan Zhuang standing meditation, as passed down from Grandmaster Sam Tam. Yi Quan people would properly know Sam Tam by name from Jan Diepersloot's book "The Tao of Yiquan". Master Sam Tam is a senior student of eagle claw grandmaster Lau Fat Mang and studied Yi Chuan with Master Han Hsing Yuen in Hong Kong.

Our practice includes:

- Zhan Zhuang - standing meditation
- Chi Gung (Qi Gong) practice
- Yang Tai Chi Form practice
- Push hands practice

The focus of our practice is on correct internal martial art principal as demonstrated and taught by Grandmaster Sam Tam. The core of the program is developed from Yi Quan's Zhan Zhuang standing meditation practice, Qi development and hands on training with Master Tam. You will learn about internal strength and energy developed via hands on learning experience of mind/body connections. Internal strength and the ability to understand, feel and use internally generated energy develop and strengthen any martial or sports endeavor. Learn more about Sifu Tam:

- <http://www.dreamloka.com/daydreams/?p=47>
- <http://www.taichi-london.co.uk/masters.html>
- http://www.warriorsofstillness.com/shop/commerce.cgi?page=WOP.html&cart_id=1231140943.740
- http://www.harmonytaiji.com/Harmony_Taiji/Master_Sam_Tam.html

Meeting Place:

The Tucson Chinese Cultural Center 1288 W River Rd Tucson, AZ 85704:

Schedule:

Tuesday & Thursday – 6PM – 7:30PM

Saturday – 9:30AM – 12PM

Classes are ongoing for more information contact:

Jordan at 520-331-8961 or jordan@windrivertaichi.com

Windriver Internal Martial Arts Association is a non-profit organization.
www.windrivertaichi.com