



MEET OUR INSTRUCTORS

Michael Paler Master Instructor

Michael has studied and practiced Chinese Martial Arts such as Wing Chun, Shaolin 5 Animal Gongfu, and others since he was 8 years old. At age 16, Michael began his study and practice of "Internal" Chinese Martial Arts such as Tai Chi Boxing (Taijiquan) Mind-Form Boxing (Xingyiquan), and 8 Trigram Boxing (Baguazhang) as well as Qigong.

Originally from New York, Michael has traveled extensively throughout Tai Chi communities around the country. For over 20 years, he has taught classes in numerous Tai Chi, Qigong, and other related disciplines to people from ages 5 to 93, in both class and personal settings. Since 1999, Michael has been teaching this beautiful art he has dedicated his life to, to benefit others in the Colorado Springs community.

The following Assistant Instructors have been trained in Tai Chi Chuan, Qigong, and Push Hands by Master Michael Paler (see website for further bio info):

Brian Moore (Co-Founder of School) Assistant Instructor
Brian has also studied and trained intensively in other Chinese Martial Arts such as Qigong, Wing Chun, Shaolin 5 Animal, and Baguazhang as well as Various Weapons.

Howard Drossman, Ph.D. Assistant Instructor
Howard teaches full time as Professor of Chemistry and Environmental Science at Colorado College and serves as Board President of the Catamount Center.

C.C. Assistant Instructor
C.C. is a Career Massage Therapist with expertise in Skeletal and Muscular Anatomy and Kinesiology. She has also taught Tai Chi at the YMCA.

Allison Bizal Assistant Instructor
Allison is a practicing Registered Nurse with a Bachelor's Degree in Nursing.

www.TaiChiColoradoSprings.com

HISTORY OF OUR SCHOOL

The Tai Chi Association of Colorado Springs was founded in 1999 by Michael Paler and Brian Moore to promote both Tai Chi's wonderful health aspects (Yin) and its effective self-defense aspects (Yang).

Our goal is to improve the wellness and awareness — encompassing the balance and flow of spirit, mind, and body — of each of our students.

~ Established 1999 ~



"BREATHE AND RELAX"

Off Nevada Avenue, above Sage Woman Herbs and I Saw it First. Plenty of parking in the back. Use back door entrance. SEE WEBSITE FOR MAP

(719) 375-8339

Tai Chi Association of Colorado Springs

108 East Cheyenne Road, Suite 211
Colorado Springs, CO 80906
email: cscotaichi@yahoo.com

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LEARN TAI CHI QIGONG KUNG FU



Master Michael Paler, Instructor

JOIN US! All Ages \$10 Drop-In Fee

NO CONTRACT NECESSARY.

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WHAT WE OFFER

Tai Chi, Qigong, and Push Hands all teach the same basic principles in various ways. Whether practiced together as a more complete art, or separately, each has a positive effect on one's spirit, mind, and body.

All our classes include simple, low-impact movements that increase flexibility, balance, range of motion, vitality, relaxation, mental focus, strength, and overall well being. Each student can learn at his/her own pace in a relaxed, noncompetitive atmosphere. The exercises are safe for all ages, but please let your instructor know if you have any physical limitations.

TAI CHI – YANG STYLE 24 FORM: Tai Chi is a form of “moving meditation” practiced with slow, relaxed, and flowing movements. The art is ideal for those seeking gentle rehabilitative exercises for reducing stress, and/or studying “inner power” through calmness. It is a non-impact exercise that emphasizes balance, grace, and fluidity of motion.

Begin your class with a gentle warm-up stretching session and continue on learning the classical forms in sequence. These include: Parting Wild Horse's Mane, White Crane Spreads Its Wings, Cloud Hands, Grasping Sparrow's Tail, Fair Lady Weaves Shuttle, and others. In time, you will experience these individual forms integrating into a continuous flow.

**“BE STILL AS A MOUNTAIN.
MOVE LIKE A GREAT RIVER.”**

-- MASTER WU-HSIANG, 1812-1880

HEALING MEDICAL QIGONG: Increase energy and relaxation with this very calming class. Strengthen your bones and joints, improve circulation, and exercise your internal organs as well as the entire body with a variety of healing exercises.

With roots in Chinese medicine, Qigong is the practice of cultivating and balancing life energy through aligning breath, movement, and awareness. Today, numerous studies in medical research worldwide have concluded that qigong practice plays a positive role in health, and is being studied as a form of alternative medicine.

PUSH HANDS: Training with a partner allows a student to develop *ting jing* (listening power), the sensitivity to feel the direction and strength of a partner's intention. This provides a format for Tai Chi students to improve their timing, relaxation, balance, flexibility, poise, and other qualities while in contact with another person. It emphasizes achieving a balance between corresponding opposites such as softness and hardness, yielding and advancing. As a martial art, Push Hands teaches students different leverage applications in the arms and footwork, which allows them to defend themselves calmly and competently if attacked.

LEARN TAI CHI QIGONG KUNG FU

KUNG FU FOR KIDS: Shaolin Kung Fu is a Chinese martial art form emphasizing strength, balance, coordination, flexibility, and aerobic activity. This is an ideal way for young people to gain physical fitness, while releasing their boundless energy with kicks & blocks, stances & strikes. Founded in the 6th Century, Shaolin Kung Fu has been called “the martial art against which all other martial arts are measured.”

KUNG FU FOR TEENS: Xing Yi Quan (*pronounced sheeng-eee-chwan*) – “Mind/Form” or “Shape/Will Boxing” – is characterized by bursts of explosive power geared to supercharge one's internal energy. The sequence of forms imitates the fighting spirit and movements of twelve different animals. Emphasis is also placed upon the various postures of the fist (splitting, pounding, crossing, drilling, and cannon). The training methods allow the student to progress through increasing challenges in form sequences, timing, and fighting strategy.

While being taught both self-defense and teamwork, the kids and teens will learn and/or strengthen core values and ideals such as integrity, discipline, confidence, self-improvement, self-control, and mental focus, as well as social skills such as cooperation, kindness, and respect for others. We encourage our students to have fun as they learn.

Advanced Training: We offer advanced training such as Jing (Power) Training, Tai Chi Weapons, Advanced Push Hands, Advanced Qigong, and more. Students must complete an interview with Master Michael Paler to discuss the necessary and fundamental prerequisites for learning these advanced techniques.