

The Magic Tortoise Taijiquan School



Classes

We offer classes at the following locations:

Carrboro

Balanced Movement Studio, 304 Weaver Street (2nd floor)

Cary

Page-Walker Arts & History Center, Ambassador Loop

Chapel Hill

The Community Church, 106 Purefoy Road

Triangle Yoga, 930 Airport Rd Meadowmont Wellness Center, 100 Sprunt St

UNC Wellness Center, 100 Sprunt St (Meadowmont)

Carolina Meadows, 100 Carolina Meadows

Durham

Duke Center for Living, Morreene Rd

Ninth Street Dance, upstairs corner of Ninth and Perry Streets

Henderson Towers, S. Duke St;

Osher Lifelong Learning Institute, Judea Reform Congregation, Cornwallis Rd.

U.S. Tae Kwon Do's new location, 6905 Fayetteville Rd.

Efland

Efland-Cheeks Community Center, Richmond Rd

Ferrington

Millennial Sports Club, 11 Cole Place (Ferrington Village)

Hillsborough

Senior Center, 515 Meadowlands Dr

Pittsboro

Lao Ma, at home, Black Bamboo Pavilion, 70 Hearne Rd

Raleigh

United Martial Arts Center, Six Forks Rd

Corporate (Private)

Duke Diet & Fitness Center, W. Trinity Ave, Durham

Rice Diet Program, Cole Mill Rd, Durham

SAS, Harrison Ave, Cary

**CLASSES BY LOCATION
(Alphabetical Order by Town)**

Program Descriptions

CARRBORO

QIGONG: 18 LUOHAN EXERCISES (Shiba Luohangong). Ongoing: drop-ins welcome.

Tuesdays, 6:30-7:30 pm. Balanced Movement Studio, 304 Weaver St.
www.balanced-movement.com. \$10 per class with pass card, \$12 drop-in.
[Teacher: Dr. Jay, 968-3936]

We begin with quiet sitting and a reading from the classics to clear away superficial stress. Class focuses on the 18 Luohan Qigong, a set of vigorous movements matched to breathing and enhanced by visualization. These movements have served as a foundation for martial arts, health maintenance, and spiritual practice since the sixth century, when legend tells us they were taught to the monks of the Shaolin Temple by the Buddhist saint Bodhidharma. The Luohan promote flexibility, muscle tone, deep breathing, relaxation, and joy.

CARY

T'AI-CHI: CHEN STYLE LONG FORM. Session.

Tuesdays 11 am-12 noon. Two 10-week sessions: Jan 9-Mar 20 (no class Feb 13).
Mar 27-May 29. Page-Walker Ctr, 316 N. Academy St. Call 460-4963 to register.
[Teacher: Dr. Jay, 968-3936]

Chen style is the oldest known form of Taijiquan, from which all modern styles have been derived. It is characterized by fluid, spiraling movement and vigorous applications, and like all Taiji, by meditative awareness and active centering which relax and invigorate the body, reduce stress, and promote health and balance. The form is a "circle," which may be entered at any point. New students may start with either session. Course covers the fundamentals of knee safety, breathwork, and structural dynamics.

T'AI-CHI: TWO-PERSON EXERCISES. Session.

Tuesdays, 12:00 noon to 1:00 pm. Two 10-week sessions: Jan 9-Mar 20 (no class Feb 13).
Mar 27-May 29. Page-Walker Ctr, 316 N. Academy St. Call 460-4963 to register.
[Teacher: Dr. Jay, 968-3936]

“Nothing is softer and weaker than water; yet nothing is better for overcoming the hard and inflexible; it yields and yet retains its basic nature.” The interactive exercises of T'ai-Chi (Taijiquan), known as “push-hands,” are designed to enhance our ability to touch with sensitivity, to listen, to interpret, and to respond appropriately-- to flow with situations and yet maintain our center, our balance, and root. This class introduces many of these exercises in a meditative yet playful atmosphere. Open to anyone: no previous T'ai-Chi experience required. The teacher, Jay Dunbar Ph.D., is Director of the Magic Tortoise Taijiquan School (www.magicturtle.com) and has practiced T'ai-Chi for over 30 years.

T'AI-CHI BASICS: THE DYNAMICS OF YIN AND YANG. Session.

Wed 6:30-7:45 pm. One 7-week session: Jan 10-Feb 28 (no class Feb 14). Page-Walker Ctr, 316 N. Academy St. Call 460-4963 to register. [Teacher: Kathleen, 968-3936]

An introduction to the principles of T'ai-Chi Ch'uan (Taijiquan), an ancient art of gentle whole-body movement. Class includes breathwork, structural dynamics, walking, play with the diagram of yin and yang, and the ABCs of energy cultivation. Exercises open energy channels, stabilize the knees, loosen the hips, foster internal power, relaxation, and concentration.

QIGONG: THE FIVE ANIMAL FROLICS. Session.

Wednesdays 6:30-7:45 pm. One 7-week session: Mar 7-Apr 18. Page-Walker Ctr, 316 N. Academy St. Call 460-4963 to register. [Teacher: Kathleen, 968-3936]

Qigong (ch'i gong) refers to practices which cultivate personal energy. The Five Animal Frolics are a set of gentle exercises which imitate the spirit and movements of the crane, bear, monkey, deer, and tiger. Accompanied by deep, relaxed breathing, they have been practiced in China for 1800 years to strengthen organs, nerves, muscles, bones, to prevent and cure diseases, to promote balance and to celebrate life.

T'AI CHI: YANG STYLE EXPERIENCED. Session.

Wednesdays 6:30-7:45 pm. One 7-week session: Apr 25-Jun 6. Page-Walker Ctr, 316 N. Academy St. Call 460-4963 to register. [Teacher: Kathleen, 968-3936]

A class devoted to corrections and enrichment of the choreography and underlying principles of the Yang Style long form. This class is open to students who have studied most or all of the form.

T'AI-CHI: YANG STYLE, BEGINNING. Session.

Wed 7:45-9:05 pm. Three 7-week sessions: Jan 10-Feb 28 (no class Feb 14); Mar 7-Apr 18; and Apr 25-Jun 6. Page-Walker Ctr, 316 N. Academy St. Call 460-4963 to register. [Teacher: Kathleen, 968-3936]

This class focuses on fundamentals of stance, alignment, and energy cultivation, as well as on learning the traditional Yang family style long form. Yang style is the most popular style of T'ai-Chi in the world, and is characterized by generous circles and smooth, strong postures.

CHAPEL HILL

WUDANGSHAN STYLE, BEGINNING. Session.

Mondays, 6-7:30 pm. The Community Church, 106 Purefoy Rd. Call 542-0688 for info. \$15 per class for six or more classes; single class \$17. Followed by Push-Hands (see below). [Teacher: Lao Ma, 542-0688]

PUSH-HANDS. Ongoing: drop-ins welcome.

Mondays, 7:30-9 pm. The Community Church, 106 Purefoy Rd. \$15 per class for six or more classes; single class \$17. 20% off if taking any other MT course.

Tournament simulation first Monday, every month. (Preceded by Wudangshan, above). [Teacher: Lao Ma, 542-0688]

WEAPONS. Session.

Wednesdays, 6:00-7:30. The Community Church, 106 Purefoy Rd. \$15 per class for six or more classes; single class \$17. (Followed by Wudangshan, below). [Teacher: Lao Ma, 542-0688]

WUDANGSHAN STYLE. Session.

Wednesdays, 7:30-9:00. The Community Church, 106 Purefoy Rd. \$15 per class for six or more classes; single class \$17. (Preceded by Weapons, above). [Teacher: Lao Ma, 542-0688]

WUDANGSHAN STYLE, BEGINNING. Session.

Ferrington Village, Chatham County: Wednesday, 7:15-8:15 pm. Millennial Sports Club, 11 Cole Place Chapel Hill, 27517 (behind Cole Park Plaza on 15/501 South from Chapel Hill on the Chatham/Orange County line). \$14 per class for six or more classes; single class \$16. **HALF OFF** this class if taking any other Wudangshan class! [Teacher: Lao Ma, 542-0688]

TAIJIQUAN & QIGONG. Ongoing: drop-ins welcome.

Wed & Fri, twice weekly, 7:55-8:55 am, Triangle Yoga, 930 Airport Rd, triangleyoga.com, 933-9642. \$11 per class with 20-class passcard; \$15 drop-in. [Teacher: Dr. Jay, 968-3936]

Complete Chen form practice: 7:30-7:55 am, open to current/former students, donation requested. Classes in January will review the 18 Luohan, focus first on Chen corrections, and then begin the Old Style Straight Sword form.

WU/HAO TAIJIQUAN & QIGONG. Ongoing: drop-ins welcome.

Mondays, 3:30-4:30pm. Carol Woods Retirement Community. Contact: Elaine Roberts, 918-3431. [Teacher: Dr. Jay, 968-3936]

WU/HAO TAIJIQUAN & QIGONG. Ongoing: drop-ins welcome.

Wednesdays 1-2 pm. UNC Wellness Ctr at Meadowmont, 100 Sprunt St, 966-5500. Non-members pay single class fee at the desk: \$8 if guest of a member. [Teacher: Dr. Jay, 968-3936]

QIGONG. Ongoing: start anytime, beginners welcome.

Thursdays, 6:00-7:25pm. The Community Church, 106 Purefoy Rd, map and directions at: <http://www.mindspring.com/~c3h/>. \$17 drop-in, \$15 per class for six or more classes. Reduced family rate and if taking both Thursday night classes. [Teacher: Dr. Jay, 968-3936]

Class provides a continuing and ongoing exploration of the foundations of internal energy cultivation, including standing meditation (zhan zhuang), varieties of stepping, enhancement of breath, ability to sense, store and apply qi (energy), awareness of the body as an energetic system, and study of traditional exercises such as Five Animal Medical Qigong (Wuqinxi), 18 Luohan Qigong, etc.

CHEN STYLE TAIJIQUAN. Ongoing.

Thursdays, 7:30-8:55pm. The Community Church, 106 Purefoy Rd, map and directions at: <http://www.mindspring.com/~c3h/> \$17 drop-in, \$15 per class for six or more classes. Reduced family rate and if taking both Thursday night classes. [Teacher: Dr. Jay, 968-3936]

T'AI-CHI: MOVING MEDITATION. Session.

Fridays 1:30-2:15pm. Carolina Meadows (3 miles south on Mt. Carmel Church Rd). Register with Michelle Davis, 370-7114. [Teacher: Dr. Jay, 968-3936]

DURHAM

QIGONG: SHIBA (18) LUOHAN GONG. Ongoing: drop-ins welcome.

Mondays, 10 -11 am. Duke Health and Fitness Center, 3475 Erwin Rd, www.dukefitness.org Register 660-6660 or at front desk. Twelve-class ticket \$80; drop-ins \$8. [Instructor: Nina Maier 732-2722]

QIGONG: SHIBA (18) LUOHAN GONG. Ongoing: drop-ins welcome.

Tuesdays, 11-12 am. Health Touch, 3500 Westgate Dr., Ste. 504. Five classes \$40; drop-ins \$10. [Instructor: Nina Maier 732-2722]

QIGONG & TAIJIQUAN FUNDAMENTALS. Ongoing: drop-ins welcome.

Wednesdays, 10:00-11:00 am. Duke Health and Fitness Center, 3475 Erwin Rd, www.dukefitness.org Register 660-6660 or at front desk. Twelve-class ticket \$80, drop-ins \$8 per class. [Teacher: LaoMa, 542-0688]

CHEN STYLE TAIJIQUAN: BEGINNING. Session.

Wednesdays, 6:30-7:55 pm, Ninth Street Dance, 1920 1/2 Perry St, 286-6011, www.ninthstreetdance.com. Jan 10-May 30, \$140. (Note: class does not meet June - Aug). Continuing instruction of the Chen long form. [Teacher: Dr. Jay, 968-3936]

WU/HAO STYLE TAIJIQUAN: MOVING MEDITATION. Session.

Thursdays 9-10:30 am, 11 weeks, Sep 14-Dec 7. Osher Lifelong Learning Institute, Judea Reform Education Building, 1933 W. Cornwallis Rd. Register at 684-2703 or 681-3476. [Teacher: Dr. Jay, 968-3936]

WUDANGSHAN STYLE TAIJIQUAN, BEGINNING. Ongoing: drop-ins welcome.

Thursdays, 6:00-7:00 pm, Duke Health and Fitness Center, 3475 Erwin Rd, www.dukefitness.org Register 660-6660 or just come. \$8 per class. [Teacher: LaoMa, 542-0688]

WU/HAO STYLE TAIJIQUAN & QIGONG, BEGINNING & FULL FORM PRACTICE. Ongoing: drop-ins welcome.

Fridays, 10-11:30 am, at the new Durham Center for Senior Life, 406 Rigsbee (behind—north—of McDonalds on the downtown loop). First hour, beginning instruction; last half-hour, practice of the long form. Seniors (65 and over): \$5 per class for first hour, \$7 if staying for form practice. Non-seniors: \$8 per class for

first hour, \$10 if staying for form practice. Form practice only: \$3. Location and Map: http://www.councilseniorcitizens.org/center_senior_life.html [Teacher: Dr. Jay, 968-3936].

EFLAND

CHEN STYLE TAIJIQUAN & QIGONG. Session.
Tuesdays 6-7 pm, Efland-Cheeks Community Ctr, Richmond Rd. Three 7-week sessions: Jan. 9 - Feb. 20; Feb. 27 - April 10; April 17 - May 29. \$56 per session, drop-ins \$10. Register: Orange County Rec & Parks, 732-8181 or 968-4501, ext 2660. [Instructor: Nina, 732-2722]

FEARRINGTON VILLAGE

WUDANGSHAN 108 TAIJIQUAN. Ongoing: drop-ins welcome.
Wednesday, 7:15-8:15 pm. Millennial Sports Club, 11 Cole Place Chapel Hill, 27517 (behind Cole Park Plaza on 15/501 South from Chapel Hill on the Chatham/Orange County line). Call 967-7272 to register. Non-Club member fee \$15 per class, or book of 10 classes for \$70. [Teacher: LaoMa, 542-0688, assisted, every other week, by Wudangshan Senior Student Guhl Lentz]

Class begins with opening and concluding Wudangshan 108 Taijiquan postures, progresses to concentrate on 4-Flower/5-Element & simple Taiji Walking fundamental exercises, then focuses on complete 108 Form.

HILLSBOROUGH

WU/HAO STYLE AND TAIJI QIGONG. Ongoing: drop-ins welcome.
Mondays, 6-7 pm. Hillsborough Senior Center, Meadowlands Dr., 245-2015. \$8 per class, register on-site. All adult ages welcome. [Instructor: Nina Maier 732-2722]

CHEN STYLE AND QIGONG. Ongoing: drop-ins welcome.
Tuesdays, 1-2 pm. Hillsborough Senior Center, Meadowlands Dr., 245-2015. \$6 per class, register on-site. All adult ages welcome. [Instructor: Nina Maier 732-2722]

PITTSBORO

WUDANGSHAN STYLE, BEGINNING. Ongoing: drop-ins welcome.
Thursdays, 9:30-11 am. 70 Hearne Road. \$12 per class for six or more classes; single class \$15. [Teacher: Lao Ma, 542-0688]

WEAPONS. Ongoing: drop-ins welcome.
2nd and 4th Saturdays of each month. 10:30-12:30 pm. 70 Hearne Road. All levels, weapons, corrections & evaluations. \$15. [Teacher: Lao Ma, 542-0688]

RALEIGH

WUDANGSHAN STYLE, BEGINNING. Ongoing: drop-ins welcome.
Tuesdays, 8-9:30 pm, United Martial Arts Ctr, 7400 Six Forks Road, (Peachtree
Mkt.) Suite 25. \$15 per class for 4 or 5 classes; \$18.00 per single class. [Teacher:
LaoMa, 542-0688]

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