

**Women: Taking Tai Chi Chuan Class is like taking a First Aid Class – short, simple, lifesaving and you can apply it immediately.**

With its foundation in Taoist philosophy, Tai Chi seeks to meld yin and yang, soft and hard, yielding and resistance. You've got to be able to master both sides of the Tai Chi coin to be an adept. Tai Chi Chuan is called the "Supreme Ultimate Fist"; it is an internal style of martial arts. In reality women are naturally more talented for Tai Chi Chuan than men. Most men require years of training before they develop the feeling for sensitivity and softness that women inherently have. Even so, for some women it may take years until their talent pays off.

Most frustrating for women is to be taught by physically stronger men, who “win” due to their physical strength; falsely so these men believe that they have more knowledge because they are winning strength. The main tenet of Tai Chi Chuan for self-defense is that “four ounces can deflect a thousand pounds.” The accomplishment of safety for oneself and others should not require great strength. Tai Chi Chuan is a soft-style martial art system designed to utilize the least amount of force in order to overcome a larger and more powerful opponent. Through this philosophy and approach to true self defense one develops skills effective in protecting themselves; this art is especially good for both women and seniors. Tai Chi Chuan is a gentle art, so gentle that people of almost any age or physical condition can undertake it.

Self Defense classes are like First Aid. Martial arts (Tai Chi Chuan) classes require a long term commitment like going to college. Self Defense classes give you something you can use now.

**Consider the smarter martial art: Tai Chi Chuan.**

