



TAI CHI CLASSES **NEW DAY & TIME**



TUESDAY AFTERNOON(S)
2:30 – 4:00 P.M.

PLEASE JOIN YOUR NEW
INSTRUCTOR: **GORD GOOD**

CLASSES START ON:
Tuesday, Sept. 10TH, 2024

FOR A NEW SEASON OF TAI CHI – UNDER HIS
TUITION AND ASSISTANCE.

I AM SURE YOU WILL ENJOY LEARNING - OR -
CONTINUE TO LEARN UNDER HIS GUIDANCE.

BIOGRAPHY: Gord learnt Taoist Tai Chi at age 57 (1990). He started as a beginner instructor in 1991 and gained a license in 2004 from the Taoist Society.

A continuation of Taoist training led him to start to learn Lok Kup Ba Fa, which is a more detailed form of Tai Chi, and had learned the fundamentals by 2006. He also learned the fundamental moves of the Tai Chi Sword Set. He continues Taoist studies with instructors more senior to him to keep improving form and technique and to keep renewing and learning Tai Chi.