



Press Release

FOR IMMEDIATE RELEASE

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Local Instructor participates in International Tai Chi Chuan Symposium on Health, Education and Cultural Exchange

Warren, MI — September 1, 2009 — This summer, local Tai Chi Instructor and Tai Chi competitor, Vicki Norman, participated in a first-of-its-kind US Symposium of the the world's foremost authorities on the five traditional Chinese Family Schools of Tai Chi Chuan. Hosted at Vanderbilt University in Nashville Tennessee, the Symposium brought together the wisdom of Chinese culture with modern science through evidence-based academic sessions. **To explain the health benefits. Or something like that. About 45 speakers from Harvard and the Mayo Clinic. This may be too much.**

The five styles of Tai Chi Chuan were represented by Master Chen Zhenglei (Chen Style), Master Wu Wenhan (Wu Hao Style), Master Ma Hailong (Wu Style), Master Sun Yongtian (Sun Style) and Master Yang Zhen duo (Yang Style). Vicki Norman has trained in all styles of Tai Chi but is a follower of the Yang Style of her mentor, Master Yang Zhen duo whose great-grandfather, Yang Lu Chan, created the Yang Style. Master Yang, one of the top 100 Wushu Masters in China, continues the tradition of sharing the family's skills and emphasizing the therapeutic benefits of daily practice.

Many instructor conduct Tai Chi classes in the United States, but few have studied and learned directly from the Masters. Grace Ronkaitis of the Asset Law Group, PLLC says "It's a great privilege to be able to take classes, from an instructor who has traveled to China to compete in international Tai Chi competitions and to learn directly from Master Yang Zhen duo." In addition to being a certified instructor, Vicki continues to develop and perfect her own skills under the tutelage of Master Yang Zhen duo's son, Grand Master Yang Jun and Disciple Han Hoong Wang.

Vicki Norman will be conducting free Tai Chi demonstration class on the evenings of September 14 and 16, 2009 at Warren Community Center 16933 Arden Road, Warren, MI 48092. For more details about the free demo classes, call the Community Center at 586-268-8400.

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