

Tai Chi

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Branson, MO
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Jerry Erickson
Amy Callaway
Instructors

Chi Gong

for your Health

Tai Chi & Chi Gong can help:

- Flexibility
- Strength
- Muscle tone
- Balance
- Equilibrium Problems
- Coordination
- Mental Focus
- Cardiovascular Function
- Neurological Motor Function
- Balance Blood Pressure
- Reduces Stress
- Helps with Arthritis Pain

Class fees are \$15 per class
or \$40 per month.

Classes held Wednesdays
@10:00am
at the
Branson Community Center!

SENIOR DISCOUNT-AGES 60+
\$30.00 per month



WHAT IS TAI CHI CHUAN AND CHI GONG?

Tai Chi Chuan and Chi Gong, are both ancient Chinese internal martial art healing exercise systems that date back over 1500 years or more. The fluid and slow moving forms are practiced daily by millions of people of all ages all over the world! There are many amazing health benefits that can be gained from the practice. It heals and strengthens the body from the inside out. Daily training in Tai Chi will help enhance one's overall health and fitness levels that can add longevity of life.

This ancient internal system improves:

Flexibility, strength, muscle tone, balance, equilibrium problems, coordination, mental focus, cardiovascular and neurological motor functioning, helps rehab after surgeries that Doctors will recommend, helps balance blood pressure, and reduces stress! It increases one's internal "Chi" or "the body's own healing life force" with continued practice.

The easy to learn, easy to preform "Tai Chi and Chi Gong" training system is extremely beneficial for senior aged individuals who need help in many of these areas.

"Chi Gong" is a form of exercise that can be performed by either sitting in a chair or standing. It helps to balance out the body's many internal meridian systems that coordinate and connect with all of the different major organs within our body. The components of both of these internal training forms are based upon the fundamentals of the "Traditional Chinese Medicine Five Element Theory" that is thousands of years old!

This easy to learn exercise system is great for everyone, no matter what age you are. We are never too old to start training, or to learn more about enhancing our health and adding longevity to our lives.

Why not start your journey to better health and fitness today!!! :)

Shifu Jerry Erickson

"Shifu" Jerry Erickson (Shifu, in the Chinese Mandarin language means "Father or Teacher") moved to Missouri over five years ago from Southern California. He has taught Martial Arts for over forty years. His studies include Shaolin Kung Fu, Tai Chi, Internal Healing Chi Gong and American Kenpo. Jerry started his martial arts training at the age of 11. He has working experience in sports rehab therapy, nutrition and diet, holistic / oriental and alternative therapies, internal chi gong energy healing and diversified methods of massage therapy.

Shifu Jerry is a three time inductee of the USA Martial Arts Hall of Fame. He was given awards in 2010, 2011, and just recently in 2016. In 2010 he received the "Platinum Achievement Award for Outstanding Service". In 2011 he was awarded "Master of the Year" plus an honorary "Doctoral PhD in Philosophy and Martial Science" from the USA Martial Arts Hall of Fame Educational Board of Directors. Then, once again, in 2016, he was awarded the "Leading Lifetime Achievement Award for Chinese Martial Arts."

In the past, he has served as a holistic therapist, personal trainer and security team member for a number of famous music and film industry celebrities and business CEO's over the years.

He had the extreme privilege to be one of the personal security team members for "Nobel Peace Prize" inductee and world humanitarian, his holiness, the 14th Dalai Lama, Tenzin Gyatso.

Shifu is honored to have been taught by many great instructors, starting with martial arts legend, film and television star, Master Chuck Norris who he studied the Korean art of "Tang Soo Do" with all through his high school years in California. Jerry then continued his martial studies in the ancient original teachings of Shaolin Temple Kung Fu, Tai Chi, Chi Gong, Internal Healing Arts, Xi Sui Jing, Yi Jin Jing, Ba Duan Jin, Shaolin Meditation and philosophy from his teachers, 34th Generation Shaolin Temple Warrior Monks , Shifu Wang Bo "Shi Yan Wu", and also with Shifu Shi Yuen Jing.

After operating different studios in the state of California over the last thirty two years. Jerry now brings his martial arts teaching, therapy and personal fitness training expertise here to the Branson, Hollister, Kimberling, Nixa, Ozark and Springfield areas of Missouri.

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