

DIAMOND TERRACE



At Diamond Terrace Senior Retirement Community

6401 CENTER STREET • CLAYTON, CALIFORNIA 94517 (925) 524-5100



<i>Mind</i>	Seated Qi Gong Exercises
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<i>Balance</i>	Standing Qi Gong Exercises
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<i>Motion</i>	Taiji Walking Exercises
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Taiji movements designed for seniors have reduced the risk of multiple falls by 47.5%. The Emory University study also reported that fear of falling was reduced for the Taiji group. After the intervention, only 8% of the Taiji group said they feared falling, compared with 23% before they had the training. Moreover, the Taiji group maintained a strong hand grip and lowered their systolic blood pressure.

"The Taiji group seemed to have more confidence".

Master James Man Chin has taught Taiji for the Contra Costa Chinese School at Diablo Valley College, CSU San Jose State University, Buddha Gate Monastery in Lafayette, the Martinez Arts Association and the Chinese Cultural Center of California. Many of Master Chin's martial arts students have won championships at national and international level tournaments.

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