

# Martial Arts

## Guardian Martial Arts

Click on the title to view upcoming meetings at the library and links to similar organizations.

<b>Website</b>	<a href="http://www.guardianmartialarts.org">http://www.guardianmartialarts.org</a>
<b>Phone</b>	812-329-9941
<b>Address</b>	701 W. Popcorn Roa Harrodsburg, IN 47434
<b>Description</b>	Our mission: To improve overall health and wellness for people of all ages through education and participation in general health, fitness and exercise, as well as opportunities for spiritually-enriching activities and services
<b>Subjects</b>	<a href="#">5 - Human Services</a> <a href="#">Athletics</a> <a href="#">Martial Arts</a>
<b>Updated</b>	October 16, 2014



## Tai Chi Chuan Association of Indiana

Click on the title to view upcoming meetings at the library and links to similar organizations.

<b>Website</b>	<a href="http://www.indiana.edu/~iutaichi/">http://www.indiana.edu/~iutaichi/</a>
<b>Contact</b>	Franci Figueroa (President)
<b>Email</b>	iutaichi [at] indiana [dot] edu
<b>Description</b>	T'ai Chi Ch'uan is a Chinese martial art that emphasizes balance and body coordination rather than muscle strength. It requires relaxation of the mind and body and is therefore not only practiced for developing physically, but also mentally. The set of T'ai Chi movements can be practiced slowly as a form of meditation or can be adapted for self defense training.
<b>Additional Contact</b>	Daniel Frohman (Treasurer)
<b>Subjects</b>	<a href="#">5 - Human Services</a> <a href="#">Indiana University Clubs/Organizations</a> <a href="#">Martial Arts</a>
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