

Tai Chi Chuan Association of Indiana

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| Website | http://www.indiana.edu/~iutaichi/ |
| Contact | Franci Figueroa (President) |
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| Description | 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. |
| Additional Contact | Daniel Frohman (Treasurer) |
| Subjects | 5 - Human Services , Indiana University Clubs/Organizations , Martial Arts |
| Updated | October 16, 2014 |



Links:
[1] <http://www.indiana.edu/~iutaichi/>
[2] iutaichi@indiana.edu
[3] <http://mcpl.info/category/community-organization-subjects/5-human-services>
[4] <http://mcpl.info/category/community-organization-subjects/9-membership-organization/indiana-university-clubs/organizati>
[5] <http://mcpl.info/category/community-organization-subjects/9-membership-organization/martial-arts>
[6] <http://mcpl.info/print/printpdf/commongtai-chi-association-indiana>
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