



Sifu Karim-Ben Saunders

Karim-Ben Saunders is the Owner and Master Instructor at Full Circle Tai Chi and Qigong. He is a Director at Athletic Balance and a Certified International Tai Chi Tournament Judge. He is also a member of the International Wushu SanShou Dao Association (IWSD) from which he holds 3rd Degree Black Sash in Chinese Martial Arts. Karim-Ben has been professionally teaching since 2003.

Tai Chi is a traditional Chinese Martials Arts that combines martial arts movement with Qi circulation, breathing, and stretching techniques. It is sometime called “moving meditation”. Millions of men and women all over the world practice Tai Chi daily as a gentle, stress reducing exercise. At its deepest level, Tai Chi can also become an extremely powerful and effective system of self-defense.