



Grandmaster Chen Zhenglei, 11th Generation Direct-line Successor of Chen Tai Chi



**JIMMY DONG, INSTRUCTOR**  
GREENVILLE CHEN TAI CHI

As a 20-year direct disciple of renown Grandmaster Chen Zenghlei, Jimmy Dong is a 12th Generation Chen Tai Chi inheritor. He is a talented and encouraging teacher with a lifelong devotion to the art of Chen Tai Chi. He is also gifted at working with all levels of students—from beginners new to the world of Tai Chi to advanced practitioners who are dedicated to continually refining their Tai Chi skills.



## NEXT 6-WEEK BEGINNER CLASS STARTS APRIL 12!

**When:** April 12–May 17, 2016, 7 PM–8:30 PM  
*6 consecutive Tuesdays*

**Where:** Ideal Fitness, 4510 Old Spartanburg Road  
Taylors, SC 29687  
*1 mile from Mitchell Road Elementary School*

This class provides an ideal starting point for anyone learning Tai Chi for the first time. It is also optimal for those getting back into Tai Chi after a period of time away.

The class will cover Chen Tai Chi Basics and The Essential 18-Movement Form. It will also include joint and body warm-up exercises, Silk Reeling, and Qi Gong.

### To find out more about this class, contact:

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