



## Wonchull Park 朴源哲

Master Wonchull Park teaches Chen, Yang, and Wu-style Tai Chi. His Chen Tai Chi teacher is Master Chen Peishan, who is the 12th generation successor of Chen-style Tai Chi and serves as the Chairman of the International Society of Chen Taijiquan (ISCT). Master Park is on the board of directors of the ISCT and founder of the Wuwei Tai Chi School.

Master Park's teaching combines traditional knowledge with scientific understanding, drawing on his background as a physicist. He approaches Tai Chi as a unifying discipline of martial art, philosophy, meditation, health/healing exercise, and everyday life methods.

## Mackenzie Hawkins '15

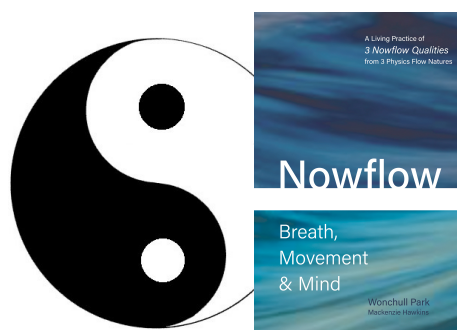
Mackenzie is Princeton alumni and an affiliate instructor of the Wuwei Taichi School. She has co-authored books with Master Park.

## Yevgen Kashchenko

Yevgen is an affiliate instructor of the Wuwei Taichi School who is passionate about sharing the benefits of tai chi.

Our Tai Chi Club gives free copies of books by our teacher, Master Wonchull Park, to interested Princeton students.

- *Nowflow Breath, Movement & Mind: A Living Practice of 3 Nowflow Qualities from 3 Physics Flow Natures*
- *Way of Now: Nowflow for Meditation, Peak Performance, and Daily Life*
- *Essential Reality & Time: The Physics and Living of Nowflow*



"It has helped me **improve at other sports, if I did it the 'Tai-Chi' way.**" - Aditya Kakati, grad student in International Affairs

"I recommend it to whoever is interested in improving their body condition and learning to **relax their mind in daily life.**" - Jieyang Liu, East Asian Studies visiting grad student

For further information, contact **Princeton University Tai Chi Club**: [taichi@princeton.edu](mailto:taichi@princeton.edu) or Mackenzie Hawkins: [jmhawkin@alumni.princeton.edu](mailto:jmhawkin@alumni.princeton.edu)



# Tai Chi

# 太極拳





## Tai Chi 101 with Campus Rec

Discover the ancient art of Tai Chi, uniting martial arts and meditation. It's an awareness training that helps you discover comfort and inner peace and the true power you could use to improve anywhere—be it self-defense or problem-solving. Learn Chen-style Tai Chi with the help of physics understanding.

Beginners welcome!

### **Tai Chi 101: An 8-week Class** **Tuesdays 6:30 - 7:30 pm**

Starting Sept 16

Dillon Gym

Fee \$40, registration required\*

Instructor: Yevgen Kashchenko



## Tai Chi Open Sessions

Tai Chi is a meditative movement practice that relaxes the body and calms the mind. In our sessions together, we'll learn the movements of traditional tai chi forms and qigong breathwork. We'll also see how we can apply the relaxation of tai chi to other activities and daily life.

Please wear comfortable clothing that doesn't restrict your movement. No previous experience needed. We hope you give tai chi a try sometime while at Princeton to explore its many benefits.

### **Tai Chi: Open Sessions** **Thursdays 4:30 - 5:30 pm**

Starting Aug 29

Free — Drop-ins welcome at any time!

Instructor: Mackenzie Hawkins, '15

Class Schedule		
Class	Time	Location
<b>Tai Chi Open Session (free)</b>	Thursday 4:30 - 5:30 PM	Lower Courtyard Whitman College
<b>Tai Chi 101 Class* (with Campus Rec)</b>	Tuesday 6:30 - 7:30 PM	Dillon Gym

\* Register for this 8-week Dillon Gym class at <https://campusrec.princeton.edu/things-do/classes/instructional-programs>

*What's the difference between the classes?*

- The **8-week Tai Chi class** at Dillon Gym (registration required, \$40 for students) is a great way to be introduced to Tai Chi week-by-week with other beginners.

- The free **Tai Chi Open Sessions** also covers Tai Chi form instruction for everyone and offers practices and perspectives for less stress and better performance.

**Reach out with any questions and to join our Tai Chi Club mailing list:**

[taichi@princeton.edu](mailto:taichi@princeton.edu)

Visit our website  
[taichiclub.princeton.edu](http://taichiclub.princeton.edu)  
by scanning QR code

