

TaiChi Club

Tai Chi has evolved into a soft, slow, and gentle form of exercise that is practiced by people of all ages. It emphasizes the enhancement of balance, flexibility, co-ordination and strength. It is a common belief that practicing Tai Chi can improve a person's mental and physical status. To introduce this healthful exercise to our members, VTCMAAA has co-operated with Chai Wan Tai Chi Group. The coach Mr. Kwok Tak Yin provides free teaching to its members. Mr. Kwok, is a very nice person who provides free coaching to new players. There are regular schedules to play. Come and Join the TaiChi Club, and start an other view of TaiChi!

When & Where We Play?

Venue : Hall of IVE Chai Wan/
Grand Place of
Administration Block
of IVE Chai Wan

What We Play?

Sat Class

TaiChi Chuan (太極拳)

TaiChi Dou (太極刀)

TaiChi Jian (太極劍)

Sun Class

TaiChi Chuan (太極拳)

TaiChi Dou (太極刀)

TaiChi Jian (太極劍)

News Update

International Competition in coming March 2009

Contact Us : Mony Lee

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[The Tai Chi Master-Mr. Kwok Tak Yin (center),
Our graduated member- Mony Lee (right)]



[The club members and Mony]