

太极拳

Tai chi is a Chinese martial art practiced primarily in the Western world for its magnificent health benefits. This gentle form of exercise helps your overall life in many ways and can be practiced for your entire life.

- Fat loss
- Flexibility
- Core strength
- Balance
- Agility
- Pain relief
- Cardiovascular health
- Mental health
- Fall prevention
- Boosted immune system
- Improved cognitive function
- Fracture prevention
- Increased stamina
- Healthy sleep cycles



Brent Abdulla

Growing up in Michigan was introduced to the martial arts at the age of seven and has continued to study and practice. His studies have been focused on the Okinawan styles of Isshinryu karate and Kyusho-jitsu blended with other arts from around the world.

Discovering and falling in love with Taichi in 2019 he has focused on its principles of balance, range of motion, posture, core strength, flexibility, health benefits and self-defense applications which he'll passionately share with you.