

TAI CHI YOUTH



FOUNDER RICHARD DEL CONNOR

graduated the Tai Mantis Federation in 1984 as a Black Belt in Northern Shaolin and Praying Mantis Kung Fu. He began learning Tai Chi at Grandmaster Douglas Wong's White Lotus System in 1980, then Yang, Wang, Wu and Chen styles. Each of these Tai Chi styles have unique wisdoms that Richard has incorporated into the "Yang Style Short Form of Shaolin Chi Mantis." Richard's Chinese name is Zhen Shen-Lang, "Spirit Wolf of Truth." Students call him, Buddha Zhen.

Richard is also known as the "Kung Fu Cowboy" who has written books on Shaolin Kung Fu, Zen Buddhism, and is the singer-songwriter, guitarist of the classic rock band, American Zen.

www.KungFuCowboy.com

TAI CHI YOUTH PUSH HANDS TOURNAMENTS

more than students moving around slowly and doing breathing exercises. Every class begins with brief yoga stretching routine designed by Buddha Zhen to relieve stress, remove toxins lodged in the body, and increase flexibility. The first half-hour of every class also includes kicking and punching exercises for a cardiovascular workout and development of practical self-defense abilities. Tai Chi Youth teaches only traditional certified Shaolin Kung Fu as a way to guarantee self-esteem and self-confidence.

TAI CHI YOUTH BELT RANKS	
White Sash:	BEGINNER
Yellow Sash	INTERMEDIATE
Orange Sash	ADVANCED
Red Sash	INSTRUCTOR

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TEACHER PROGRAM

Tai Chi Youth has been sponsoring Push Hands Tournaments since 1996. These unique competition events, open to martial artists of any style and the public, have been a no-injury martial arts event with most years having two tournaments.

Students are not allowed to spar (boxing, cage fighting, MMA tournaments...) so there have never been any broken bones in our tournaments or classes since 1996. Push Hands is Tai Chi sparring and is promoted as a means of developing the subtle skills of using the opponent's energy and efforts against him/her. Competitors can push each other from waist to shoulder trying to gain a point by unbalancing their opponent – causing them to lift at least one foot off the ground.

