

Attachment 1

Adult Tai Chi Class

Class Instructor

Zhang Sijun, from Anhui, China. In China, I have participated in the national and Anhui provincial Tai Chi Sword Competition many times and won the gold medal. Immigrated to the United States at the end of 2022 and taught Tai Chi classes at the Sinapi seed follow-ship church of the Stanford University in early 2023. From March 2024 to present. I worked as a Tai Chi teacher at Martinez Adult Education Center. At the same time, a Tai Chi fitness center was established in East Bay, Northern California to teach Tai Chi and lead residents to strengthen their health. By strengthening your body and you will enjoy your body and mind.

老师简介 张思君，中国安徽人。在中国曾多次参加国家和省
级太极拳剑比赛并荣获金奖。2022年底赴美，2023年初在斯坦福大
学的 Sinapi seed follow-ship church 教学太极课程，2024年3月至今
在 Martinez Adult Education 任太极课老师(平时在学校学习英语)，
同时建立了北加州东湾太极健身点，教学太极，带领当地居民强身
健体，愉悦身心。

Class Description

Tai Chi, originated in China, is a kind of body strengthening and cultivating traditional martial arts that integrate character cultivation and combat. The main characteristics are a calm mind and relaxed body, loose softness and roundness live, quick and slow, overcome hardness with softness, use stillness to control movement, coordinate and coherence, etc. Tai Chi is not only traditional martial arts but also are a very effective way of exercise. Practice Taichi for a long time First, it can enhance your physical fitness, improve respiratory system and cardiovascular function, and enhance body flexibility, sex and balance ability, but also helps to reduce stress, regulate mood, and improve sleep. It is suitable for all age group. Practicing Tai Chi without any equipment or special venues, you can do it anytime, anywhere to practice. At present, Tai Chi has been listed as an intangible cultural heritage of human beings by UNESCO. Nowadays, more and more people around the world regard Tai Chi as healthy and effective exercise and healthy lifestyle.

太极拳简介 太极拳，起源于中国，是一种集强身健体、修身
养性、技击对抗为一体的传统武术。主要特点是心静体松、松柔圆
活、快慢相间、以柔克刚、以静制动、协调连贯等。太极拳不仅是
一种传统武术，更是一种非常有效的锻炼方式。通过长期练习太极
拳，可以增强体质、改善呼吸系统和心血管功能、提升身体的柔韧
性和平衡能力，同时也有助于减压、调节情绪、改善睡眠，适合各
个年龄层的人群。练习太极拳不需要器械和特殊场地，可随时随地
练习。目前，太极拳已被联合国教科文组织列为人类非物质文化遗
产，世界各地越来越多的人将太极拳视为一种健康有效的锻炼和生
活方式。