



### About the Instructor:

John DeCapp has been teaching Tai Chi in the Quad Cities for more than 25 years.

Although he originally studied for the self-defense aspects, his classes focus on Tai Chi for health and fitness.

John studies in the Marshall Ho'o lineage of Yang Tai Chi. His teacher is Ariel Owen-Gray of Phoenix, Arizona.

If you have questions about classes or about what Tai Chi can do for you call John at 309-797-3847

### Your first class is FREE

No Contracts!

Call or email us today to take the first step toward a more balanced mind and body.



About the Blue Dragon School of Yang Style Tai Chi Chuan Instructor John DeCapp teaches Yang Style Tai Chi Chuan to mature adults for improved health and fitness.

Classes at Spellious Martial Arts  
3707 Avenue of the Cities  
Moline, Illinois 61265  
**Contact John DeCapp**  
**Phone: 309-797-3847**

# Tai Chi

# Chuan

JOHN DECAPP'S  
**BLUE DRAGON**  
SCHOOL OF  
YANG STYLE  
TAI CHI CHUAN





*Tai Chi is a peaceful exercise that promotes good health and will help you remain balanced mentally and physically.*

**Instructor: John DeCapp**

**Weekly Class Schedule:**

Tuesday 7:00-8:00 p.m.  
Wednesday: 9:00-10:00 a.m.  
Thursday: 10:00-11:00 a.m.  
& 6:00-7:00 p.m.

**Location:**

Spellious Martial Arts  
3707 Avenue of the Cities  
Moline, Illinois 61265

Only \$30 per month!  
**First class is FREE!**  
Call 309-797-3847

Our Tai Chi classes offer an ancient form of slow, graceful movements for exercise and meditation in a relaxed environment.

**Benefits of Tai Chi Chuan:**

- \*\* Provides a fun, friendly way to exercise with people like you
- \*\* Burns 280 calories an hour
- \*\* Improves strength in the legs, balance and reduces the risk of falling by 47.5%
- \*\* Improves coordination
- \*\* Helps people with arthritis achieve greater movement
- \*\* Provides a method of calming your mind and finding inner peace and mental balance in an unbalanced modern world

Tai Chi is practiced by millions of people around the world.

**Try A Free Class This Week!**



*People of all ages report improved balance, leg strength, coordination, and even reduced pain and stress after studying the art of Tai Chi Chuan.*

Are you age 40 or over and want to remain active and socially engaged with other fun, mature adults?

Do you feel as if peace of mind is harder to find these days?

Our classes offer a pleasant place to remain active, build your health and fitness, and calm your mind with an amazing art that is practiced by millions around the world.

**Try it out with no obligation!**