
Name _____

*has participated regularly in weekly
T'ai Chi Chih classes*

At _____

City _____

Participation in T'ai Chi Chih has had a positive impact on their general health, activity level, and progress in learning a new skill. With regular attendance, they have been a positive role model for others in class and a friend to those in the TCC community. In celebration of their commitment to live in peace, thereby making the world a better place. Congratulations!

*“Become strong like a mountain...
flowing like a river.”*

Date: _____

T'ai Chi Chih Teacher