



# PUBLIC PROGRAM: STEP 1

I am a person who is interested  
in the true Tai Chi

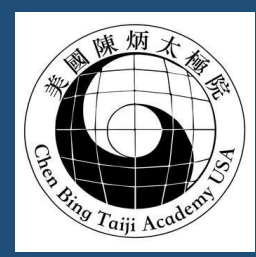
I am a newbie who wants to know  
what Tai Chi is and  
how Tai Chi works for me



## **Orientation**

to explain a basic concept, philosophy,  
an understanding & an experience  
about what the true Tai Chi is about.

<https://chenbing.org/orientation>



## PUBLIC PROGRAM: STEP 2

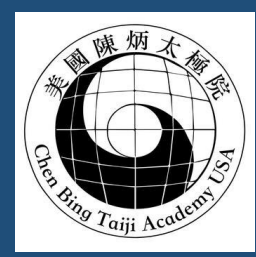
Beginners who never practiced  
Tai Chi before

Students who practiced Tai Chi previously,  
but not of the Chen Family Tai Chi  
from its birthplace



### **STEP 2: Core Course Tai Chi 101 & 102**

CBTA USA's signature Tai Chi course  
to prepare learning Tai Chi forms  
<https://chenbing.org/core-course>



# PUBLIC PROGRAM: STEP 3

For those who completed prerequisites  
Tai Chi 101 & 102  
to choose one of these special programs



## TAI CHI FOR CANCER

cancer survivors &  
patients suffering  
from cancer  
treatments &  
side effects

## TAI CHI FOR SPINAL AILMENTS

scoliosis, herniated disc,  
stenosis, spinal arthritis,  
auto immune disease  
patients such as multiple  
sclerosis & other CNS  
malfunctions

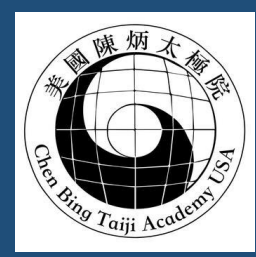
## TAI CHI FOR INSOMNIA

to help improve  
sleeping issues from  
mental stresses &  
ailments

## TAI CHI FOR FALLS PREVENTION

the essence of Old Frame  
1<sup>st</sup> & 2<sup>nd</sup> Road  
to prevent falls

<https://chenbing.org/special-programs>



# PUBLIC PROGRAM: AUXILIARY

For those who are busy, long-distance  
or willing to enhance specific topics



## SEMINAR

for specific topics such as Fang Song,  
Elixir Field & Tai Chi for Cancer

<https://chenbing.org/seminar>



# PROFESSIONAL PROGRAM: ACADEMY

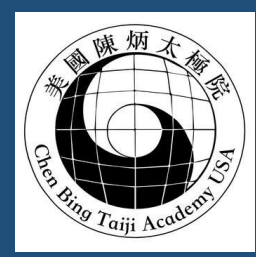
For those who are willing to become  
certified teachers & future disciples



## ACADEMY

for future teachers and disciples(successors)  
of the Chen Family Tai Chi from its birthplace

<https://chenbing.org/academy>



# PROFESSIONAL PROGRAM: GUILD

For those who are certified teachers  
&  
disciples of the Chen Family Tai Chi



## **Guild**

for incumbent certified teachers  
& disciples(successors)  
<https://chenbing.org/guild>