

CHI KUNG (QI GONG) & TAI CHI COURSE WITH MASTER MIKE YAP

By just doing a few minutes a day....will relieve your stress, improve your health and fitness, and gain energy and vitality!

After practicing and teaching Chi Kung for many years, Mike is offering the ideal set of Chi Kung exercise to the participants (e.g. the **Foundation Set** - Shaolin Chi Kung, the five-element chi kung, and also the Typhoon 1st Chi Kung Set - cleansing, absorbing, and storing exercises).

The **Small Wind Tai Chi** has 49 steps, therefore one can finish performing the form in 5 minutes. Of course, in practicing Tai Chi, the slower one performs the form the better and more difficult it would be.

Any age or health condition can learn (no age limit)!

Health and Fitness Benefits:

- Easy to follow
- Effective anxiety & stress relief
- Medical evidence has shown to treat or prevent health problems
- Reduced pain and stiffness
- Better balance and lower risk of falls
- Aid in the recovery of injuries
- Improved strength, conditioning, coordination, and flexibility
- Excellent muscle tone
- Enhanced sleep
- Correct breathing
- Correct posture
- Greater awareness, calmness, and overall sense of well being
- Can be done anywhere - even in restricted space

About Master Mike Yap

Master Mike Yap has learnt and taught Qi Gong, Tai Chi, Chinese Ninja Art, Hung Kar Kung Fu, Shaolin Qi Gong, Judo, Tae Kwan Do, Silat, Thai Boxing, Yoga, Karate, Tai Chi, Wing Chun Kung Fu, Jeet Kune Do and many others. He has achieved seven masters all around the world including China, USA, Indonesia, India, Malaysia and others.

Mike Yap was elected as the Asian Representative of the International Free Style Martial Arts Organization of Canada. He was also nominated as Instructor of the Year representing Malaysia in 1997, in the Hall of Fame in the United States of America.

The most significant knowledge he has discovered is Cosmic Energy (Ji Chi, Prana, Lung, Tenaga Dalam, Life force) as he believes that the whole universe is linked by this incredible energy. He is also known as a Tai Chi, Qi Gong, Kung Fu and Energy Master. He is also an expert on Cosmic Feng Shui, Cosmic Meditation, Cosmic initiation and transmission, Distance Healing, Herbal Therapy, Cosmic Massage and others.

Master Mike Yap believes "healing is better than destroying", so he created Typhoon Wholistic Therapy (T.W.T) in 1995 and with his many years of martial arts, he has also created his own martial art: Typhoon Nucleus Kombat (T.N.K) - the most complete and effective self-defense system in the world.

Mike Yap's objective is to help others to improve themselves (self-development), to learn self-defense, to become healthy & fit, to learn discipline, and to become a better citizen spiritually.

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