



'stand like a mountain, flow like water'

Experience authentic **Chen family Taichi** at
FitKick! MMA in Willow Grove.

Join our **beginner's Chen Taichi** classes,
every **Saturday** morning from **9:00-10:30am.**

Learn an authentic family tradition of martial arts with
powerful movements building leg strength, stability, and
mobilizing your joints in an effective and energizing workout.

For more information:

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