



Tom Kondo teaches an integrated form in the Chen style. He is in his 19<sup>th</sup> year of studying T'ai Chi and has taught for the last 16 years.

#### Student Testimonials

"Tom makes you feel right at home and really provides a great opportunity to learn this art at your own pace."  
- Frank Fahrlander

"Tom is da bomb."  
- Gaelyn Skeet

"Tom provides individualized instruction so you can start anytime and move ahead at your own pace."  
- Joy-Ellen Lipsky, student

Tom is an engineer in the NonStop Division of Hewlett Packard. He also climbs mountains (Mt. Kilimanjaro in 2004) rides bikes and reads science fiction. He smiles a lot.

**Sign up for a class today!**

**Contact Info:**  
**408-285-1630**  
[tom@tomkondo.com](mailto:tom@tomkondo.com)



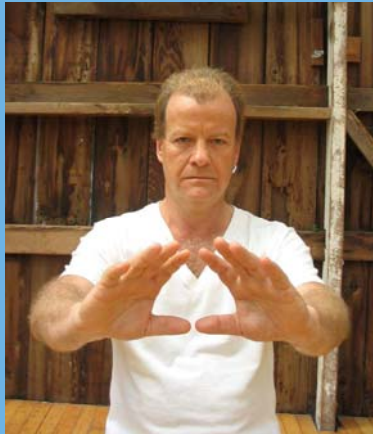
Learn T'ai Chi Ch'uan with Tom Kondo

You are invited to join Tom in practicing this ancient Chinese martial art and health practice.

"Arthritis Today" magazine notes this ancient Chinese practice is designed to exercise body, mind and spirit. As you move through T'ai Chi postures, you gently work muscles, focus concentration, learn balance, and, according to Chinese philosophy, improve the flow of chi. Chi is "the vital life energy that sustains health and calms the mind". The slow, graceful movements are easy to learn and perform.

#### **What will you gain from attending a class with Tom?**

- **Clear mind, relaxed body, nourished spirit**
- \* **Increased energy flow**
- \* **Improved balance, strength, and stamina**
- \* **Reduced risk of heart disease, high blood pressure, and stress**
- \* **Improved health and longevity**



## Schedule

9 AM on Saturdays  
Central Park in Santa Clara

8 AM Wednesdays at  
Hewlett Packard  
CAC02 Health Club  
(employees only)

# Tom Kondo

## Credentials

The teachers that Tom studies with trace the lineage of this style back to Chen Pan-Ling out of Nanking China. He has also studied Ba Gua under Chang-I-Chang for several years. Tom is qualified to teach the Single Person Form, the Two Person form and a T'ai Chi walking stick form as well as Chi Kung.

## What is the "long form"?

The long form is a choreographed set of movements, which takes about 25 minutes to complete. This is how a person develops posture, balance and structure.

## What is a typical class like?

It begins with a few minutes of standing meditation followed by some warm-up and stretching exercises. Attention is given to specific postures and principles. Individuals then work one-on-one with Tom on whatever movement they have progressed to in the form. The class then does the form in unison.

## How long are the sessions?

The class can last from one hour to an hour and a half, depending on class size (limited to 8 students).

## What should I wear?

Loose, comfortable clothing that allows deep breaths. Out of doors, wear comfortable, flat, supportive shoes.

## What if I miss a class?

T'ai Chi is an ongoing process, with each person progressing at their own rate. At the next class you attend, you can proceed to the next step.

## How do I start?

Contact Tom for more information.

***T'ai Chi with Tom Kondo***

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