

## True or False

Follow the instructions to complete the activity.

NAME

DATE

Using the information found in *Tai Chi*, verify whether the following statements are true or false. Check your answers in the book. List the page number where you found the information beside your answer.

### Statement 1

Tai chi first came to the United States in the 1930s, when a Chinese immigrant named Choy Hok Peng began teaching it in San Jose.

☐ True

Page

☐ False

Number

### Statement 2

There are ten major styles of tai chi.

☐ True

Page

☐ False

Number

### Statement 3

Practicing tai chi outdoors can help students connect with nature and feel calmer.

☐ True

Page

☐ False

Number

### Statement 4

Although Yang is the original tai chi style, it is now practiced by only a few.

☐ True

Page

☐ False

Number

### Statement 5

Some health benefits of tai chi include more energy, lower blood pressure, a stronger immune system, and less joint pain.

☐ True

Page

☐ False

Number

