

## Fill in the Blanks

Follow the instructions to complete the activity.

NAME

DATE

Use the information found in *Tai Chi* to help you fill in the blanks.

- 1** Created in the 1980s, mulan quan is the only style of tai chi designed exclusively for .
- 2** In 2017, England's Sheila Dickinson set the record for the longest tai chi , at 28 hours and 59 minutes.
- 3** Tai chi classes often start with .
- 4** Tai chi is a popular choice for those who want to find  between their mind, body, and spirit.
- 5** Ending a tai chi session with a  routine helps lower the heart rate and adds another layer of relaxation.
- 6** The full-body  used in many tai chi forms help to strengthen the arm, leg, and core muscles.
- 7** According to legend, tai chi was  by a monk named Chang San-feng.

