



School of Internal Arts

405 S. Corona Mall, Corona, CA 92879

Sifu Lap Nguyen 714-507-8745



The School of Internal Arts teaches you the ancient and sophisticated art of Taichi in a relaxed and friendly atmosphere in order to promote health, serenity, and self-defense.

You will learn Taichi and its application to health and self defense. We focus on Yang style simplified 24 movements, neikung (internal power) push hand, as well as how to use it in a MMA approach. This internal art will teach you how to become aware of your opponent's energy and use it against them at will, utilizing and manipulating their energy to produce great effect with minimal effort.

**Join us to experience how it feels for yourself -
first class is free!**

**Our class is located inside AAKS in Corona;
Call to learn more about the class schedule.**

Private lessons are available.

Please contact:

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