

## ZEN BEI BUTOKOU-KAI INTERNATIONAL

*"Patience is the ballast of the soul"- Richard Kim*

The Zen Bei Butoku-Kai International is a martial arts organization dedicated to the preservation of the teachings of the late [Sensei Richard Kim](#), 10th Dan and his legacy. That legacy has stretched to all ends of the Earth over the years and has touched thousands. His teachings of the traditional martial arts and, perhaps even more significant, the philosophy of the martial arts are second to none.

The teachings of [Master Richard Kim](#) may have reached thousands, but this organization is fortunate to have some of his senior most students taking the helm as this organization begins its journey through the twenty-first century. The senior instructors of the Zen Bei Butoku-Kai International have pledged not only to carry-on the famous martial arts lessons of [Master Richard Kim](#), but also his philosophy. That is a philosophy that puts the martial virtues of respect, compassion, and gratitude at the forefront.

Today, the Zen Bei Butoku-Kai International has members all over North America with schools in many areas of the United States and Canada. This organization hopes, through constant hard work and effort, to allow the legacy that has already touched thousands to touch millions and pave the way for the masters of tomorrow.

### Our Mission...

The specific purpose of the Zen Bei Butoku-Kai International is to advance the study of traditional Karate, T'ai Chi Chuan, Chi Gong, Aiki-Jujutsu and Budo, and to foster the growth of these martial arts taught by [Master Richard Kim](#).



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At Khalil Family Wellness & Intervention we understand that each person is unique and responds in different ways. Our progressive approach uses a variety of non-drug treatment programs to address each individual's underlying issues.

Unlike other treatment programs, we use a combination of proven and innovative approaches to treat the underlying physical, biochemical and psychological aspects of addiction. We use a "whole person" approach that encompasses the mind, body and spirit

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AN INTEGRATED  
APPROACH TO A STATE OF  
WELL BEING

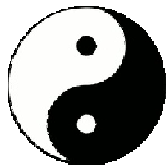
# Tai Chi and Qigong

INTERNAL  
MARTIAL ARTS  
TO HARMONIZE THE  
MIND, BODY AND  
SPIRIT



ZENBEI.ORG

# What is Tai Chi And Qigong?



**Tai Chi** as an internal system of martial arts utilizes internal energy (**chi**). The practice of a fluidly moving **Tai Chi**

form also helps build strength, flexibility and stamina as a secondary gain. Traditional Chinese medical aspects were also encompassed by Tai Chi practice in terms of balancing the yin/yang aspects of **chi (vital life essence)** and balance of the Chinese five elements (water, earth, wood, metal, fire), which correspond to the internal organs.

**Tai Chi**, practiced in its authentic manner, addresses mind, body and spirit in a gentle and progressive manner that promotes balance, health and well being. The essential principles include the mind being integrated with the body; fluidity of movement; control of breathing and mental concentration. The central focus is to enable the **chi** to flow smoothly and powerfully throughout the body. Total harmony of the inner and outer self comes from the integration of mind, body and spirit.

**Qi Gong** is a training system which helps to generate a strong flow of chi inside the body and then circulate it through the entire body. A combination of a Five Element Meditation, Muscle/Tendon exercise and Energy Gathering exercise are used to harmonize the

MIND/BODY

## It's all in your head

The mind is the most important aspect of health. Universally, we accept the fact that the mind controls the body. Surely you have heard of people overcoming disabilities and disease because of their positive attitudes and strong minds? And Tai Chi as one of the most powerful mind, body exercises, teaches the student to be aware of the intrinsic energy from which he or she can perceive greater self-control and empowerment.

## Scientists have studied and identified the benefits of

### Tai Chi

- Stress
- Substance Abuse
- Depression, anger, fatigue, anxiety
- Immune response
- Cardiovascular disease
- Eating Disorders
- Cancer
- High Blood Pressure
- Post Traumatic Stress
- Aging
- ADD/ADHD
- Weight Management
- Balance & Strengthening
- Breathing, fitness,
- Osteoarthritis
- Rheumatoid arthritis
- Brain Injuries
- Mood
- Headaches/Migraines
- Sleeping
- Physical functioning and well-being
- Pain
- Compulsive Disorders



## Tai Chi Form

Tai Chi is an internal martial art practiced as a series of movements, connected in a flowing pattern and governed by principals of correct body usage. To gain precision and deep body awareness, Tai Chi is performed slowly and is suitable for all ages and levels of physical ability. The Tai Chi Form is often referred to as a "Moving Meditation" The form itself brings together all the components for the healing of body, mind and spirit.

The form can bring about rapid progress in the following manner:

- 1.) First, the mind has an idea
- 2.) This correct idea produces a self feeling.
- 3.) From the correct idea and self feeling, movement occurs naturally.

The mind is relaxed, yet active and focused. The body is moving naturally and without effort as it connects to the mind. As a result, the spirit ( Shen in Chinese) is raised and a feeling of peace and well being ensues. Regular practice of the form can create rapid and profound changes.

## Instructor *Laura Khalil, C.Ad.*

**Laura Khalil** is a certified Tai Chi Instructor by the Zen Bei Butoku—Kai International, as taught by Sensei Richard Kim. She has been studying the martial arts for over 20 years. The last 13 years have been focused on the Art of Tai Chi and Qi Gong. Her studies have been integrated into her Wellness Center that specializes in non-drug treatment programs.