

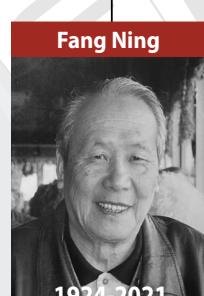
Yang Family Teaching Lineage of Dimitri Mougdis

Sifu Dimitri Mougdis - Internal Arts Institute, LLC

Dimitri K. Mougdis is a world expert in Classical Yang (Yeung) Family Tai Chi Chuan and Qigong, holding direct teaching lineages from U.S. and China. He began his study of Tai Chi Chuan under Grand Master Gin Soon Chu and Master Vincent Chu in Boston on February 1, 1983. With more than 41 years of study and 22 years of teaching, Sifu Dimitri is one of a few remaining teachers sanctioned in the original Classical Yang Family Tai Chi Chuan.

In June 2000, Sifu Dimitri established the Internal Arts Institute with the encouragement of Professor Fang Ning and the approval of Grand Master Gin Soon Chu and Master Vincent Chu. He continues his studies under Master Vincent Chu. The Internal Arts Institute is dedicated to teaching the true Classical Yang Family Tai Chi Chuan for promoting good mental and physical health as well as self-defense.

Sifu Dimitri also studied with Professor Fang Ning, who spoke fluent English and Japanese, and graduated from American Mission School St. John University in Shanghai, China, in 1947 with degrees in Political Science and Economics. Professor Fang Ning practiced and researched Qigong all his life and was the 5th-generation successor (as he called it) to Orthodox Wudan Yang-Family Tai-Chi Chuan.





2026 TUITION

Sifu Dimitri Mougdis

1-772-781-3011

www.InternalArtsInstitute.com

Beginner-Level (Standard) Tai Chi Chuan Long Form (Group Classes)

Includes the Tai Chi Chuan Form with 2 corrections. *Prerequisite for Advanced Level*

1 lesson/week	\$155 per month
2 lessons/week	\$190 per month
3 lessons/week	\$215 per month
4 lessons/week	\$245 per month

Advanced-Level Tai Chi Chuan (Group Classes)

1 lesson/week	\$215 per month
2 lessons/week	\$255 per month
3 lessons/week	\$305 per month

One-time initiation fee for each method below, in addition to Monthly Fee above

Push Hands	\$300
Two Man Sparring Set	\$300
Sabre (Broadsword)	\$300
Sword	\$300
Spear/Staff	\$200
Tai Chi Fast Fist	\$350
Application Form	\$300
Power Development	\$200
Qi Gong Training	\$200

Additional Versions of the Tai Chi Chuan Form

One-time fee for each method below in addition to Monthly Fee above.

(Per student request after learning the Standard Form)

Small Frame	\$250
Middle Frame	\$350
Large Frame	\$375
Returning Tai Chi 1	\$200
Returning Tai Chi 2	\$200
Returning Tai Chi 3	\$275

- All instruction includes one-on-one, or may be on a semi-private basis.
- Instruction is tailored to the student's physical ability and objectives.
- Private instruction is by appointment @ \$175 per hour.
- Processing fee of 3% on all credit card transactions.
- \$50 lifetime membership fee
- **SNAPCHI™** - \$50 (Drop in for a quick tune-up.)
- *Prices subject to change.*