**8 Reading**

**Quiz – “Learning about T’ai Chi”**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions: On the line provided, write the letter of the *best* answer to each of the following items.**

1. \_\_\_\_T’ai chi is a martial art that is supposed to--
	1. Be superior to judo and karate.
	2. Emphasize kicks more than punches.
	3. Require great upper body strength.
	4. Be good for physical and mental health.
2. \_\_\_\_Zhao Bao is--
	1. A t’ai chi form.
	2. Energy that fills the body.
	3. A t’ai chi style.
	4. A comfortable uniform.
3. \_\_\_\_The first Web site explicitly mentions all of the following benefits of t’ai chi *except*--
	1. Improved body awareness.
	2. Reduced stress and anxiety.
	3. Improved respiratory function.
	4. Enhanced coordination.
4. \_\_\_\_What time is the class that Carlos most likely chooses?
	1. 9:00 P.M.
	2. 7:00 P.M.
	3. 2:30 P.M.
	4. 12:00 P.M.
5. \_\_\_\_How should Carlos respond to the question “How did you hear about the T’ai Chi Center?” on the online application?
	1. TV commercial
	2. Other
	3. Web advertisement
	4. Flyer