

# Call For Participants



Tai Chi training - Call for participants

4 week(s) to complete

Sincere Gratitude

Experiment

Loughborough LE11 3TU, UK

Loughborough University

16-form Tai Chi has been created to enhance ankle function. Simplified Tai Chi for strong ankles awaits you. Come join us to embark on your Tai Chi journey!

The study involves:

4-week Tai Chi training, 3 times per week, 1 hour each

3 times assessments about ankle-related function, including muscle activation, muscle strength, proprioception and balance performance

Find out more online

Poster printed on 20/12/2024 Study expires on 31/03/2025

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/YL8VP3](http://www.cfp.cc/YL8VP3)

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