



# \* TAI CHI CHUNG

## VIDEO FOR BEGINNERS



Proven Through The Centuries To:

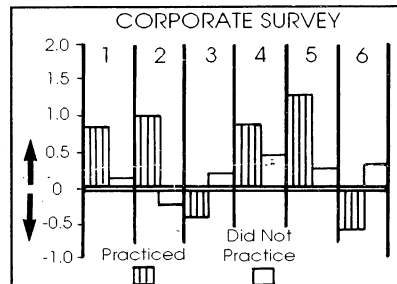
- Improve Circulation
- Improve Flexibility
- Improve Coordination
- Control Stress
- Increase Energy

**TAI CHI** provides a total body muscle workout, which is important to maintain coordination and flexibility. Millions of people have used TAI CHI over the centuries to control stress, increase energy and improve circulation. All age groups have discovered that TAI CHI is a natural way to control stress.

The unique movements and breathing techniques allow oxygen to penetrate into all areas of the body to a greater degree than what occurs with other exercise routines.

Through our research we have found that an extremely large number of people are searching for a way to manage stress.

1. General employee satisfaction
2. Productivity
3. Dissatisfied with working conditions
4. Communication with superiors
5. Communication with co-workers
6. Dissatisfied with position



# SHOCK, SCREAM AND RUN

## WOMEN'S SELF DEFENSE and CHINESE AEROBICS

Learn Easy and Effective Self Defense Techniques In The Privacy Of Your Home.

Learn How To:

- Use Simple and Effective Self-Defense Techniques
- Condition The Cardio -Vascular System
- Tone and Shape Muscle Groups



## THE SELF-DEFENSE and CHINESE AEROBIC

movements originate from Chinese martial arts and were brought to this country by TIGERLILLY INTERNATIONAL in March of 1993.

The Shock, Scream and Run method of self-defense and Chinese Aerobics are simple and effective and can be practiced daily. The movements energize the metabolic rate to burn fat and build a firm, toned and muscular body.

“ The Shock, Scream and Run video is a program that teaches sensible tactics for staying alert and alive. Self-defense methods are taught as well as Chinese aerobics and they are presented in slow motion so that beginners can learn quickly and correctly. As a woman works out, she can now learn how to defend herself at the same time with century proven techniques.”  
- Entertainment Magazine -



## Tigerlily Workshops

Bring professional instruction into your Corporation, Group or Organization. *Personal Training Programs* are also available. For further information on setting up a **Tigerlily Workshop** or attending a scheduled workshop in your area please call:

**(603) 672-7433**

**To Order Your Tigerlily Video,**

**Call: 1-800-639-5159**

Or Send This Coupon, With Check or Money Order To:

T.L.D.  
724 E. Industrial Park Dr., #9  
Manchester, NH 03109

Name \_\_\_\_\_ ☐ Mastercard ☐ Visa  
Address \_\_\_\_\_ Acct. # \_\_\_\_\_  
City \_\_\_\_\_ Exp. Date \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Signature \_\_\_\_\_

| QTY | DESCRIPTION                             | UNIT PRICE | TOTAL |
|-----|-----------------------------------------|------------|-------|
|     | Tai Chi Chung for Beginners             | \$29.95    |       |
|     | Self Defense for Women/Chinese Aerobics | \$19.95    |       |
|     | Shipping & Handling                     | \$ 3.00    |       |
|     | Amount Due                              |            |       |

All Payments Payable To : T.L.D.



SPECIALIZING IN

**Health, Wellness  
and  
Personal Protection**

RECEIVED BY  
OFFICE OF CITY CLERK

Cambridge, September 23<sup>RD</sup> 1993

To the Honorable, the City Council of the  
City of Cambridge:  
CAMBRIDGE MA.

The undersigned respectfully pray

FRANK CULLERTON / T.L.D., LOCATED AT 724 EAST INDUSTRIAL PARK DR.  
NAME OF PETITIONER OR BUSINESS ADDRESS OF PETITIONER OR BUSINESS

BE GRANTED PERMISSION FOR A/AN ( ) "A" FRAMED SIGN, (X) TABLE, ( ) SANDWICH BOARD OR,  
(X) DISPLAY OF MERCHANDISE.

*The Common area in front:*

IN FRONT OF PREMISES NUMBERED 21 Brattle Street <sup>\*</sup> (in front of Butcher's), ON  
ADDRESS WHERE SIGN WILL BE

Sundays, Saturday's month of Oct, Nov, Dec. FROM 11:00 AM TO 8:00 PM.  
LIST THE DAYS OF THE WEEK

*Thank you,*

Frank Cullerton

PETITIONER'S SIGNATURE

PLEASE PROVIDE A SKETCH OF YOUR SIGN HERE

*Copy of Video tape on flyer Submitted.*

*Small 4x4 table to be used to Place tapes on for sale*

*\* Tai Chi Movements will Be Demonstrated -*

*\* TAI CHI - Slow moving breathing form for improved circulation and flexibility*

*Thank You*

*Frank Cullerton*

FRANK CULLERTON  
PRINT NAME HERE

(617) 958-8401 <sup>Pager</sup> ~~Pager~~ *Voice Mail*  
TELEPHONE #

(603) 891-3508

TELEPHONE #  
ADDITIONAL

Consent Comm #4

N-148

Petition received from Frank Cullerton  
to set up a table in Brattle Square to  
display videotapes and demonstrate "Tai  
Chi"

In City Council September 27, 1993

*referred to City Manager  
Copy sent to City Mgr.  
9/28/93*