



## TCHI Certified Tai Chi Classes Hawaii state wide availability

There may be other tai chi classes available statewide. This list is composed of currently certified Tai Chi for Health Institute (TCHI) instructors. This list will be constantly updated and is not to be considered the only quality tai chi available. However those listed here have undergone the certification process as recognized by the CDC as evidence based. Tai chi modules available include TCA/FP (Tai Chi for Arthritis/Fall Prevention and others certified by the TCHI.

Ileina Ferrier, Master Trainer from TCHI, is co-sponsored for many events by the Hawaii State Department of Health, Emergency Medical Services and Injury Prevention Program

### OAHU

Rhoda Hirokawa - Leeward YMCA, 94-440 Mokuola St., Waipahu, HI 96797. Tue and Thur 9:00 - 10:00 a.m. Classes are ongoing throughout the year. Participants must be members of the YMCA.

Leola Muromoto - No class in progress. P. O. Box 1326, Makawao, HI 96768.  
(808)250-2403. [Ola.muromoto@gmail.com](mailto:Ola.muromoto@gmail.com).

Kasti Costales - [gc2hi@hawaiiantel.net](mailto:gc2hi@hawaiiantel.net). (808) 497-9489.

Leeward YMCA - 94-440 Mokuola St., Waipahu, HI 96797. Tue and Thur 9:00 - 10:00 a.m. Participants must be members of the YMCA.

Kahe Mohalu Senior Apartments - 800 Third Street, Pearl City, HI 96782. Sundays 12:00 - 1:00 p.m. Open to the public. No charge.

Kelvin Lau - [goldenswordtaichi@gmail.com](mailto:goldenswordtaichi@gmail.com). (808) 389-5280.

Windward YMCA, 1200 Kailua Rd., Kailua, HI 96734. Mon: a. TCA 10:15 - 11:15 a.m.; b. Qigong and Yang Sword - 11:15 a.m. - 12:15 p.m.

Leeward YMCA, 94-440 Mokuola St., Waipahu, HI 96797. Tue: a. TCA 9:00 - 10:00 a.m.; b. Yang Sword - 10:00 - 10:30 a.m.

Central Oahu Regional Park, 94-801 Kamehameha Hwy, Waipahu, HI 96797. Tue: Qigong & Yang Sword - 1:00 - 3:00 p.m.

Glenn Sakai - Leeward YMCA, 94-440 Mokuola St., Waipahu, HI 96797. Tue and Thur 7:00 - 7:55 a.m. Participants must be members of the YMCA.

Kalakaua Gym (City and County, Parks and Recreation), 720 Mcneill St., Honolulu, HI 96817. Mon 9:30 - 10:15 a.m. Must be a registered member.

### BIG ISLAND

Myrtle Miyamura - Kalakaua St. (between Kress Cinemas and Full Moon Café), Hilo, HI/ Hui Malama Ola Na Oiwī office on Railroad Ave, Hilo, HI 96720. Tue and Thur 5:30 - 6:30 p.m. Cost: \$60 per month. [taichi4life@hotmail.com](mailto:taichi4life@hotmail.com).

### OAHU

Apolinario (Rebel) Rebellizsa - Leeward YMCA, 94-440 Mokuola St., Waipahu, HI 96797.

Tue and Thur 7:00 - 7:55 a.m. & 9:00 - 10:00 a.m. Participants must be members of the YMCA.

Frances Uchida - Phone no. 808-341-4308.

Moiliili Community Center, 2535 S. King Street, Honolulu, HI - 96826

Mon and Fri - 9:00 - 10:00 a.m. Ongoing.

No fee for class, but must sign up as a MCC member. Annual fee is \$25.

New Hope Metro Church, 417 Waiakamilo Street, Honolulu, HI - 96817

Tue and Thur - 9:00 - 10:00 a.m. Ongoing. No fee. All classes start with a 15 minute devotional period. Open to all members.

Lillian "Lee" Deir - Windward YMCA, 1200 Kailua Rd, Kailua, HI 96734. MWF 10:15 - 11:15 a.m.

Ongoing. YMCA membership required.

Ianice Nakama - Windward YMCA, 1200 Kailua Rd, Kailua, HI 96734. MWF 10:15 - 11:15 a.m.

Ongoing. YMCA membership required.

Eric Domingo - The Plaza at Moanalua, 1280 Moanalualani Pl., Honolulu, HI 9689. (808)

833-8880. Class is restricted to residents.

Ed Ayson - Mililani YMCA, 95-1190 Hikikaulia St., Mililani, HI 96789. (808) 625-1040.

Tue and Thur 7:00 - 7:55 a.m. YMCA membership required. Ongoing.

Susan Higa - Leeward YMCA, 94-440 Mokuola St., Waipahu, HI 96797. Tue and Thur

7:00 - 7:55 a.m. & 9:00 - 10:00 a.m. Participants must be members of the YMCA.

Galyna Killam - 509 University Ave., Honolulu, HI 96826. Call for class/training information.

(541) 610-6850.

#### LANAI

Linda Mau - Lanai Community Hospital, 628 7th St., Lanai City, HI 96763. No charge. Lanai

PHN Office (808) 565-7114. [linda.mau@doh.hawaii.gov](mailto:linda.mau@doh.hawaii.gov). Open to the public.

For additional information about tai chi classes and upcoming tai chi events  
contact the Department of Health at (808) 733-9202