

Tai Chi Class description: 2024 Spring Semester 1/6/2024 R1

Tai Chi basic movement and warm-up: 2:00 to 2:45pm. Two options:

Warmup with Basic movement (suitable for beginners)

Warmup with selective forms (in-depth exploration).

Training CLASS: 3:00pm to 4:00pm

A1 - Introduction to Tai Chi: Teacher Wu

Best for new beginners first time to Tai Chi. The class will discuss and practice the basic Tai Chi body movements and steps in details to emphasize the quality details rather than quantity. Basic group of Tai Chi forms (aka Tai Chi 8 form) and Eight Brocades forms will be taught and regularly practiced.

A2 - Tai Chi Short Form: Teacher Li

The objective is to review, refresh, and improve each Tai Chi movement through the Cheng Man-Ching 37 short-step-sequence. Best for participants who have taken similar class previously.

B - Tai Chi Long Form: Teacher Elain Chen

- Extend learning from Tai Chi Short form to the Yang's complete sequence.
- Long form sequence enhances body endurance and memory for the mind.

C - Tai Chi Sword: Teacher Tseng

Extend the Tai Chi fundamental with graceful Tai Chi Sword sequence.

- a. Best for graduates from Class B or Class D.
- b. We use basic wooden sword. Basic Tai Chi sword can be purchased from various on-line store later if you don't have any.

D - Combination Class: Teacher Duh and Teacher Chen

- a. Practice and repeat many rounds in all the short form, long forms and Tai Chi Sword sequence.
- b. The class will also have in-depth discussion and exploration on Tai Chi principles, form movements and application, and health cultivation.

Optional CLASS: 4:00 pm to 4:30 pm

E - Two-person practice Teacher Duh and Teacher Wu

We will start with a pre-defined sequence, carried out in pair of two persons, commonly known as Da Lu, San So, San Shou, Push Hands, or two-person Tai Chi Form.