

Tai Chi Class description: 2024 Fall Semester 9/8/2024—1/12/2025

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

Warmup with Basic movement (suitable for beginners)
Warmup with selective forms (in-depth exploration).

Class Practice--- various levels: **3:00pm to 4:00pm**

A1 - Introduction to Tai Chi: **Teacher Li**

Best for new beginners first time to Tai Chi. The class will discuss and practice the basic Tai Chi body movement. Basic group of Tai Chi forms and Eight Brocades forms will be taught.

A2 - Tai Chi Short Form: **Teacher Wu**

Cheng Man-Ching 37 short-Form will be taught starting from the beginning. Best for new participants who recently learn the basic of Tai Chi class A1.

B - Tai Chi Long Form: **Teacher Elaine Chen**

- The Yang's complete long sequence will be taught in detail steps.
- The class will lead you a more demanding level both the mind and the body from Tai Chi short form.

C - Tai Chi Sword with Long Form revision: **Teacher Tseng**

- a. The main portion of the hour is to learn Tai Chi Sword, following the principle and skill acquired from the short and long Tai Chi forms.
- b. Portion of the beginning hour will be used for practicing the Long sequence and related discussion.

Basic wooden Tai Chi sword will not be provided, but it can be easily purchased from various on-line store.

D - Combination Class: **Teacher Duh and Teacher Chen**

- a. Practice rounds combining all the short form, long forms and Tai Chi Sword sequence.
- b. Questions and answers are strongly encouraged to gain and share the Tai Chi experience with teachers and classmates.

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, Push Hands, or two-person Tai Chi Form.