

ITCA Tai Chi Class description: 2025 Spring Semester r2

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

Warmup with Basic Tai Chi movement (suitable for all)

Warmup with selective Tai Chi forms (suitable for those with prior Tai Chi training).

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

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

Best for new beginners first time to Tai Chi. The class will discuss and practice the basic Tai Chi body movement. Basic portion of the short-sequence 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.

**A3-Tai Chi Short Form extension** Teacher Yang Teacher Lin Teacher Jim Chen

Review details of Short-Form, refine and correct proper movement as needed individually.

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

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

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

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

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 Teacher Yuteh 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 Tai Chi experience from teachers.

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

**E - Two-person practice** Teacher Duh 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.