

Course Content

Tai Chi 32 - Sword Form Yang Style

This form is more advanced and suggested for students who have had previous experience and learned either the 8, 12 or 24 Tai Chi Form Yang Style.

As the name implies, the form consists of a set of 32 slow moving movements with the addition of a sword. As in most Tai Chi forms in the Yang Style, the emphasis is on improving general strength, posture, flexibility and balance. I propose to teach the form in two consecutive semesters, Part 1 Fall Semester 2023 and Part 2 Spring Semester 2024. This will allow participants to progress in a comfortable and steady way.

Members who are planning on taking this course will need to purchase a Tai Chi sword prior to the start of class. Swords are easily available on the internet. Prices come in a wide range and looks come in many different styles, from simple wooden practice swords to elaborate metal ones. I suggest that students consult with the instructor (me) before a purchase.