T’ai Chi for Beginners: The Yang Style 8 Form

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Class 1
   Introductions
   Safety procedures
   Information and background on Tai Chi
   Warm-up (flexibility) exercises
   Demonstration of 8 Form
   Orientation and Preparation; Wuji stance
   Presentation and practice of first postures:
      Opening; Lifting and Pressing Down
   Review and practice
   Cool Down

Class 2
   Warm-ups
   Review of previously presented material and practice of postures

   Introduction of new posture: Repulse Monkey
   Review and practice
   Cool Down

General Format of Succeeding Classes:
   Warm-ups
   Review and practice of previous posture forms
   Introduction of new posture (depending on progress of class)
   Repeated practice of form.
   Cool Down