

OSHER LIFELONG LEARNING FALL 2023

TAI CHI 12 FORM

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GENERAL CLASS FORMAT:

Warm-up/Flexibility exercises

Review and practice of forms previously presented

Introduction of new posture

SCHEDULE: (subject to change depending on progress of class)

WEEK ACTIVITY

- 1 Introductions: Tai Chi background information; Demonstration of 12-form
Warm-ups; Orientation; Various Tai Chi stances
Preparation and Opening Form; Lifting and Pressing Down**
- 2 New Posture: Squeezing and Pulling Back**
- 3 New Posture: Flying Off; transition to Play Guitar**
- 4 New Posture: Repulse Monkey**
- 5 New Posture: Brush Knee and Push**
- 6 New Posture: Needle at Sea Bottom and Open Hands like Fan**
- 7 Review and Practice**
- 8 New Posture: Kick with Heel and Box Opponent's Ears**
- 9 New Posture: Rooster Stands on One Leg**
- 10 New Posture: Turn, Parry and Punch; Wave Hands like Clouds**
- 11 New Posture: Grasp Sparrow's Tail**
- 12 New Posture: Cross Hands and Closing**

13 Review and Practice; Demonstration: 24 Form