

OSHER LIFELONG LEARNING

FALL 2022 (Sep 9 – Dec 2)

TAI CHI: 24 FORM – PART 1

FRI. 12:30 – 1:45PM

Angela Drooz

(302) 737-6278

droozangela@yahoo.com

PREREQUISITE: completed 8 Form or 12 Form

CLASS FORMAT:

Warm-up/Flexibility Exercises

Practice of Tai Chi Postures Previously Presented

Introduction and Practice of New Posture

SCHEDULE (subject to change depending on progress of class)

- Sep 9 Introductions, Demo of 24 form, stances
 Beginning: **Opening; Lifting & Pressing Down, HOLDING A BALL**
- Sep 16 New posture: **WILD HORSE SEPARATES MANE** – 3 times
- Sep 23 New posture: **WHITE CRANE FLASHES ITS WINGS**
- Sep 30 New posture: **BRUSH KNEE RIGHT & LEFT** – 3 times
- Oct 7 **Review & Practice**
- Oct 14 New posture: **PLAY GUITAR**
- Oct 21 New posture: **REPULSE MONKEY** – 4 times
- Oct 26 New posture: **GRASP SPARROW'S TAIL** - left
- Nov 4 New posture: **GRASP SPARROW'S TAIL** - right
- Nov 11 **Review & Practice**
- Nov 18 New posture: **SINGLE WHIP**
- Nov 25 New posture: **WAVE HANDS LIKE CLOUDS** – 3 times; **SINGLE WHIP**
- Dec 2 **Review & Practice**