

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

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Class 1

- Introductions
- 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 stances: T Stance; Bow Stance
- 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