

OSHER LIFELONG LEARNING SPRING 2024

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 |
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| 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 |