

OSHER LIFELONG LEARNING **SPRING 2022**

TAI CHI: 24 FORM – PART 2 (Feb 18 – May 11)

FRI. 12:30PM – 1:45PM

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PREREQUISITE: Completion of Tai Chi 24 Form Part 1

CLASS FORMAT: Wushu Greeting

Short Meditation/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)

Feb 18 **REVIEW AND PRACTICE**

Feb 25 New Posture: HIGH PAT ON HORSE

Mar 4 New Posture: KICK WITH RIGHT HEEL & BOX OPPONENT'S EARS

Mar 11 New Posture: TURN & KICK WITH LEFT HEEL

Mar 18 New Posture: SNAKE CREEPS DOWN (LEFT) & GOLDEN ROOSTER

Mar 25 New Posture: SNAKE CREEPS DOWN (RIGHT) & GOLDEN ROOSTER

Apr 1 SPRING BREAK: NO CLASS

April 8 **REVIEW AND PRACTICE**

Apr 15 New Posture: FAIR LADY WORKS AT SHUTTLE (RIGHT & LEFT)

Apr 22 New Posture: NEEDLE AT SEABOTTOM & OPEN HANDS LIKE FAN

Apr 29 New Posture: TURN, DEFLECT DOWNWARDS, PARRY & PUNCH

May 6 New Posture: APPARENT CLOSE, CROSS HANDS & CLOSE

May 13 **REVIEW AND PRACTICE**

May 20 **REVIEW AND PRACTICE, INSTRUCTORS DEMONSTRATION**

(rev) 2/12/22

