

OSHER LIFELONG LEARNING **SPRING 2024**

TAI CHI: 24 FORM – PART 2

FRI. 12:45PM – 2PM

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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 Postures

SCHEDULE (subject to change depending on progress of class)

Feb 10 **REVIEW AND PRACTICE**

Feb 17 New Posture: HIGH PAT ON HORSE

Feb 24 New Posture: KICK WITH RIGHT HEEL & BOX OPPONENT'S EARS

Mar 3 New Posture: TURN & KICK WITH LEFT HEEL

Mar 10 New Posture: SNAKE CREEPS DOWN (LEFT) & GOLDEN ROOSTER

Mar 17 New Posture: SNAKE CREEPS DOWN (RIGHT) & GOLDEN ROOSTER

Mar 24 **REVIEW AND PRACTICE**

Mar 31 SPRING BREAK: NO CLASS

Apr 7 **REVIEW AND PRACTICE**

Apr 14 New Posture: FAIR LADY WORKS AT SHUTTLE (RIGHT & LEFT)

Apr 21 New Posture: NEEDLE AT SEABOTTOM & OPEN HANDS LIKE FAN

Apr 28 New Posture: TURN, DEFLECT DOWNWARDS, PARRY & PUNCH

May 5 New Posture: APPARENT CLOSE, CROSS HANDS & CLOSE

May 12 **REVIEW AND PRACTICE**

(rev) 1/1/23

