

Tai Chi 24-Form Yang Style Part 1

Course Description

This is the first part of a two semester course. It is the beginning of the 24 Form, to be continued in the next semester. It is a more advanced class with somewhat more difficult movements. Students should have completed either Form 8 or Form 12 previously and feel comfortable with the basic movements.

Each class will consist of a warm-up session, followed by the introduction of the new movement each week. There will be review, group practice and one-on-one participant attention.

Weekly Layout:

Demo of Form, stances, Holding the ball

new posture: Wild Horse Separates Mane

new posture: White Crane Flashes Wings

new posture: Brush Knee Right and Left

Review and Practice

new posture: Play Guitar (Pipa)

new posture: Repulse Monkey

no class (Spring Break)

new posture: Grasp Sparrows Tail - left

new posture: Grasp Sparrows Tail - right

Review and Practice

new posture: Single Whip

new posture: Wave Hands Like Clouds - Single Whip