

TAI CHI BALI Courses 2016

MEMBER OF THE INTERNATIONAL YANG FAMILY TAI CHI CHUAN ASSOCIATION

Learn to heal your mind and body with Taiji wisdom

Experience your connection and unity with the natural world

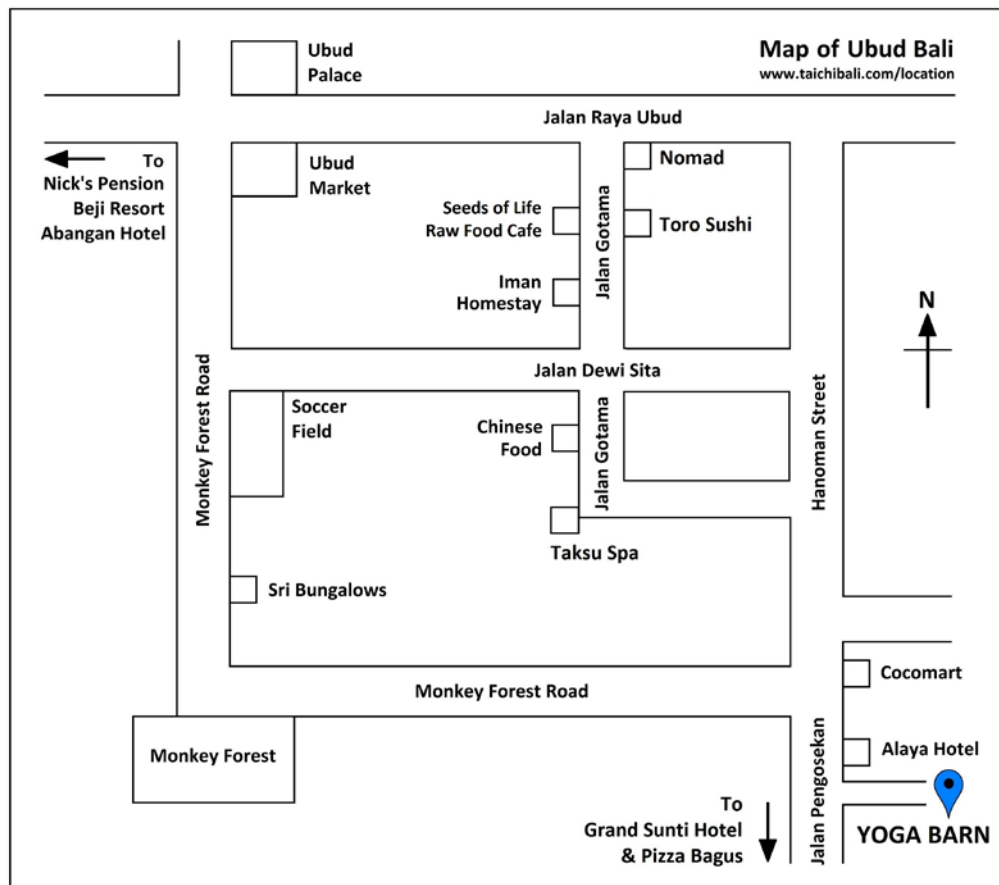
Develop your relationship with universal energy and the Tao

Teacher: **DAVE WEST**
Tel: **+62 81236467324**
Email: **info@taichibali.com**
Web: **www.taichibali.com**

We need your help to open
the new and long awaited
UBUD TAI CHI CENTRE



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TAI CHI CHUAN at The Yoga Barn Ubud Beginners Group Class with Dave West

Introduction to Tai Chi For Health, Yin Yang Theory, Yang Tai Chi
24 Forms, 10 Principles of Yang Chengfu.

8.00-9.30am Thursdays

8.00-9.30am Saturdays

At The Yoga Barn

Jalan Raya Pengosekan, Ubud

For directions phone +62 361 971236

IDR 120,000 / 1.5 hr (USD 10)

QIGONG at The Yoga Barn Ubud Beginners Group Class with Dr. Adolf

Oriental movement and meditation for cultivating internal
energy with emphasis on experiencing and building qi.

7.30-9.00am Mondays

7.30-9.00am Wednesdays

At The Yoga Barn

Jalan Raya Pengosekan, Ubud

For directions phone +62 361 971236

IDR 120,000 / 1.5 hr (USD 10)



PRIVATE CLASSES & COURSES 2016

QIGONG & TAI CHI FOR HEALTH © Tai Chi Bali

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PRIVATE COURSES

- ❖ **2 HOURS PRIVATE CLASS** USD 80
Private Consultation & Training, Qigong & Tai Chi For Health
Beginner to Advanced Level – 2 hours at your hotel 1 x 2hrs + ebook & video
- ❖ **TAI CHI FOR BEGINNERS** USD 475
Basic Stances & Techniques, Tai Chi 8 Form & Tai Chi Breathing & Walking Meditation
3 Days Private Course Tai Chi For Health, 15 hours private classes at your hotel
Beginner Level – 5 x 3hrs + ebook & video
- ❖ **QIGONG FOR BEGINNERS** USD 475
8 Pieces of Brocade, 5 Elements Healing Sounds, Crane style Qigong & Qi Meditation
3 Days Private Course Qigong For Health, 15 hours private classes at your hotel
Beginner Level – 5 x 3hrs + ebook & video
- ❖ **YANG TAI CHI CHUAN – 24 HAND FORM** USD 895
Tai Chi For Health, Yang Tai Chi 24 Form & Qigong Meditation
5 Days Private Course, 30 hours private classes at your hotel
Beginner to Intermediate Level – 10 x 3hrs + ebook & video
- ❖ **YANG TAI CHI CHUAN – 85 HAND FORM** USD 1575
The Teachings of Yang Chengfu, Yang Tai Chi 85 Form & Qigong Meditation
10 Days Private Course, 60 hours private classes at your hotel
Intermediate to Advanced Level – 20 x 3hrs + ebook & video
- ❖ **YANG TAI CHI CHUAN – PUSH HANDS** USD 475
Tai Chi Partner Exercises for Health & Self-defence, Fixed & Moving Step Push Hands
3 Days Private Course, 15 hours private classes at your hotel
Beginner to Intermediate Level – 5 x 3hrs + ebook & video
- ❖ **YANG TAI CHI JIAN – 9 SWORD FORM** USD 475
Tai Chi Sword 9 Form, Fundamental Sword Exercises & Sword Qigong
3 Days Private Course, 15 hours private classes at your hotel
Beginner to Intermediate Level – 5 x 3hrs + ebook & video
- ❖ **YANG TAI CHI JIAN – 54 SWORD FORM** USD 1575
Tai Chi Sword 54 Form, Advanced Sword Techniques & Partner Exercises
10 Days Private Course, 60 hours private classes at your hotel
Advanced Level – 20 x 3hrs + ebook & video
- ❖ **5 DAY TAI CHI MOUNTAIN RETREAT** USD 999
Mountain Walks to Lakes, Waterfalls, Hot Springs, Canoeing, Rainforest
Includes 4 nights 5 days hotel accommodation for 2 person sharing room & transport
All Levels – 15 hours Tai Chi & Qigong classes + ebook & video

CERTIFICATION COURSES

The purpose of certification is to ensure that all students have attained the virtue, skill and knowledge necessary to practice all program elements safely and effectively, and carry forward the great tradition of Tai Chi Chuan with modesty and respect. We offer three levels of certification courses that deepen your understanding of the theories and principles of Tai Chi For Health, refine your forms and application skills, and finally prepares you for the Tai Chi For Health Instructor Course.

- ❖ **LEVEL ONE – FOUNDATION CERTIFICATION COURSE** USD 895
5 Days Tai Chi For Health Level One Certificate of Achievement Tai Chi Theory & Practice
4 Core Movements, Yang Tai Chi 8 Form, Push Hands I, Qi Meditation & Crane Qigong
30 hours private classes at your hotel 10 x 3hrs + ebook & video
- ❖ **LEVEL TWO – INTERMEDIATE CERTIFICATION COURSE** USD 1575
10 Days Tai Chi for Health Level Two Certificate of Achievement Tai Chi Theory & Practice
Yang Tai Chi 24 Forms, 9 Sword Forms, Push Hands II, Qi Meditation & Small Circulation
60 hours private classes at your hotel 20 x 3hrs + ebook & video
- ❖ **LEVEL THREE – ADVANCED CERTIFICATION COURSE** USD 3150
4 Weeks Tai Chi for Health Level Three Certificate of Achievement Tai Chi Theory & Practice
Yang Tai Chi 85 Form, 54 Sword Form, Push Hands III, Qi Meditation & Grand Circulation
120 hours private classes at your hotel 40 x 3hrs + ebook & video
- ❖ **INSTRUCTOR CERTIFICATION COURSE** USD 3150
4 Weeks Tai Chi For Health Teacher Training Certificate Tai Chi Theory & Practice
Teaching Methods For Healing, Anatomy of Tai Chi, Tao of Teaching, Forms & Application
120 hours private classes at your hotel 40 x 3hrs + ebook & video
** Entry requirement for this course is at least 5 years experience in Yang style Tai Chi Chuan.*

GENERAL INFORMATION

We specialize in private courses on the dates you come to Bali. You can have 1 or 2 people for this price, but you need to bring your own friend/partner to accompany you. All courses take place at your hotel and must be completed within the specified number of days/weeks. All courses consist of up to 6 hours per day, private classes 1-to-1 with British instructor Dave West, 3 hours at 9am-12pm and 3 hours at 2-5pm, with 2 hours lunch break. The rest of the time is yours to enjoy the Balinese culture and tropical lifestyle. Transport, accommodation and meals are not included in the price. Please make your own arrangements according to your budget. For all courses you must stay in Ubud Bali, and the instructor will come to your hotel on the agreed dates. All bookings require advance payment. Please phone or email senior instructor Dave West for confirmation of availability before making your payment. You can also phone anytime for a chat with Dave if you need more info. Full details are on our website.

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BEGINNER WARM-UPS

Loosening up the muscles, joints & relaxing the body

1. Rotate the Spine
2. Rotate the Hips
3. Rotate the Knees
4. Rotate the Ankles
5. Swing the Arms
6. Rotate the Elbows
7. Rotate the Wrists
8. Rotate the Shoulders
9. Rotate the Neck
10. Bounce on the Toes & Shake the Body

STANDING QIGONG

Body alignment, opening the centers & meridians, & circulating qi.

1. Standing Post Meditation – Body Alignment
2. Lower Dantien Buddhist Breathing
3. Opening the Yongchuan Cavity K1 (feet)
4. Opening the Laogong Cavity PC8 (hands)
5. Opening the Baihui Cavity GV20 (head)
6. Opening & Closing the Lower Dantien (lower abdomen)
7. Opening & Closing the Middle Dantien (chest)
8. Opening & Closing the Upper Dantien (head)
9. Expand the Chest to Cleanse the Body
10. Pour the Qi through the Baihui

MOVING QIGONG

Synchronize upper & lower body in graceful flowing movements.

1. Crane Meditation in Horse Stance
2. Crane Flying in Horse Stance
3. Crane Landing in Horse Stance
4. Crane Flying in Bow Stance
5. Crane Landing in Bow Stance
6. Crane Walking Forward in One Leg Stance
7. Crane Walking Backward in One Leg Stance
8. Crane Spreads Wings in Empty Stance
9. Sinking the Qi to the Lower Dantien
10. Wuji - Stillness Meditation

YANG TAI CHI CHUAN – BASIC STANCES & TECHNIQUES

Yang style Hand Form theory, stances & training exercises.

1. Tai Chi Chuan Etiquette & Ethics
2. Horse Stance
3. T-Stance
4. Bow Stance
5. Defensive Stance
6. Empty Stance
7. One Leg Stance
8. Low Stance
9. Cross Leg Stance

YANG TAI CHI CHUAN – 4 CORE MOVEMENTS

Four cardinal energies of the Pakua (Grasp the Bird's Tail).

Preparation

Opening

1. Ward Off – *Peng Jin*
2. Roll Back – *Lu Jin*
3. Press – *Ji Jin*
4. Push – *An Jin*

Closing

SITTING QIGONG

Centering the Qi, opening the heart, uniting with the Qi of nature.

1. Wuji - Stillness Meditation
2. Lower Dantien Buddhist Breathing
3. Oneness with Nature Meditation
4. Opening the Heart Meditation
5. Qi Massage I
6. Stretching After Meditation

YANG TAI CHI CHUAN – 8 HAND FORMS

Inner & outer harmony of body, breath, mind, Qi & spirit.

Preparation

Opening

1. Repulse Monkey
2. Brush Knee & Push
3. Part the Horse's Mane
4. Wave Hands Like Clouds
5. Golden Rooster Stands on One Leg
6. Heel Kick
7. Grasp the Bird's Tail
8. Cross Hands

Closing

YANG TAI CHI CHUAN – PUSHING HANDS

Fixed Step Single Arm partner exercises to develop sensitivity, spontaneity, softness, adhering, avoiding brute force, & redirecting force.

1. Opening & Closing the Waist & Hips – *Kua*
2. Push & Pull Rooting I
3. Coiling Hands
4. Taiji Symbol
5. Ward Off – *Peng Jin*
6. Wrist Horizontal Neutralization
7. Wrist Downward Neutralization
8. Wrist Upward Neutralization
9. Wrist Sideways Neutralization
10. Free Style Fixed Step Single Arm

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INTERMEDIATE WARM-UPS

1. Wuji – Stillness Meditation
2. Raise the Arms & Push Up on the Toes
3. Raise the Arms & Rotate Left
4. Raise the Arms & Rotate Right
5. Raise the Arms & Stretch Left Side
6. Raise the Arms & Stretch Right Side
7. Raise the Arms & Stretch Backwards
8. Raise the Arms & Stretch Forwards
9. Raise the Arms & Circle the Torso
10. Bounce on the Toes & Shake the Body

MOVING QIGONG

1. Wuji - Stillness Meditation
2. Four Gates Breathing Meditation
3. Standing Post Meditation – Embracing the Moon
4. Five Elements – Metal – Lungs
5. Five Elements – Water – Kidneys
6. Five Elements – Wood – Liver
7. Five Elements – Fire – Heart
8. Five Elements – Earth – Spleen
9. Triple Burner – Distribution & Encircling
10. Sinking the Qi to the Lower Dan Tien

SITTING QIGONG

1. Lower Dantien Buddhist Breathing with Huiyin
2. Small Circulation – Opening the Microcosmic Orbit
3. Five Elements Healing Sounds
4. Loving Kindness Meditation
5. Qi Massage II
6. Stretching After Meditation

YANG TAI CHI CHUAN – TAI CHI WALKING

1. Yongchuan Walking Meditation
2. Part the Horse's Mane
3. Brush Knee & Push
4. Retreat & Repulse Monkey
5. Grasp the Bird's Tail
6. Wave Hands Like Clouds
7. Golden Pheasant
8. Heel Kick

YANG TAI CHI CHUAN – 24 HAND FORMS

Preparation

1. Opening
2. Part the Horse's Mane x3
3. White Crane Spreads Wings
4. Brush Knee & Push x3
5. Play the Lute
6. Retreat and Repulse Monkey x4
7. Grasp the Bird's Tail Left
8. Grasp the Bird's Tail Right
9. Single Whip
10. Wave Hands Like Clouds x3
11. Single Whip
12. Pat the High Horse
13. Heel Kick Right
14. Double Punch to the Ears
15. Turn and Heel Kick Left
16. Snake Creeps Down Left
Golden Pheasant Stands on One Leg Left
17. Snake Creeps Down Right
Golden Pheasant Stands on One Leg Right
18. Fair Lady Works the Shuttles Right & Left
19. Pick Up Needle from Bottom of the Sea
20. Flash the Arms
21. Step Up, Parry, Block & Punch
22. Apparent Closing
23. Cross Hands
24. Closing

YANG TAI CHI CHUAN – PUSHING HANDS

1. Push & Pull Rooting II
2. Spinning Hands
3. Cloud Hands
4. Brush Knee & Push
5. Grasp the Bird's Tail – *Peng Lu Ji An*
6. Wrist & Elbow Horizontal Neutralization
7. Wrist & Elbow Downward Neutralization
8. Wrist & Elbow Upward Neutralization
9. Wrist & Elbow Sideways Neutralization
10. Free Style Fixed Step Double Arm

YANG TAI CHI JIAN – SWORD QIGONG

1. Wuji - Stillness Meditation
2. Secret Sword Breathing
3. Sink the Chi to the Lower Dan Tien
4. Expand the Bow Left & Right
5. Coil & Turn Left & Right
6. Arc the Arms for Embracing
7. Fingers on Both Hands Point Forward
8. Coil & Turn Forward & Backward
9. Yin & Yang Upward & Downward
10. Immortal Points the Way
11. Rocking on Heels & Toes
12. Sword Standing Meditation

YANG TAI CHI JIAN – SWORD BASIC EXERCISES

1. Tai Chi Jian Etiquette & Ethics
2. Secret Sword Finger
3. Wrist Cutting Exercise
4. Wrist Circling Exercise
5. Circle – *Liao*
6. Point – *Dian*
7. Split – *Pi*
8. Lead – *Dai*
9. Slice – *Mo*
10. Intercept – *Jie*
11. Thrust – *Ci*
12. Sword Walking Meditation

YANG TAI CHI JIAN – 9 SWORD FORMS

1. Preparation
2. Opening
3. Circle the Moon with Three Rings
4. Big Dipper
5. Swallow Skims the Water
6. Block & Sweep the Sword to Right & Left
7. Little Dipper
8. Presenting the Tablet
9. Returning the Sword & Closing

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ADVANCED WARM-UPS

1. Jumping Jacks
2. Windmills
3. Crane Stretch
4. Eagle Claw Push-ups
5. Single Palm Strikes
6. Horse Stance Forward Stretch
7. Low Stance Stretch
8. High Kick Stretches

MOVING QIGONG

1. Wuji - Stillness Meditation
2. Five Gates Breathing Meditation
3. Standing Post – Grand Circulation
4. Two Hands Hold Up the Heavens
5. Big Python Softens its Body
6. Sinking the Qi to the Lower Dantien
7. Expand the Chest to Clean the Body
8. Pour the Qi into the Baihui to Center
9. Left and Right to Push the Mountains
10. Settle the Wrists and Push the Palms
11. Large Bear Swimming in the Water
12. Left and Right to Open the Mountain
13. Eagle Attacks Its Prey
14. Lion Rotates the Ball
15. White Crane Spreads Wings

SITTING QIGONG

1. Buddhist Breathing with Huiyin
2. Taoist Breathing with Huiyin
3. Small Circulation – Opening the Gates
4. Compassion Meditation
5. Qi Massage III
6. Stretching After Meditation

YANG TAI CHI CHUAN – PUSHING HANDS

1. Push & Pull Rooting III
2. Coiling & Spiralling
3. Stepping
4. Moving Step Single Arm
5. Moving Step Double Arm
6. Free Style Moving Step

YANG TAI CHI CHUAN – HAND 85 FORM

1. Preparation
2. Opening
3. Grasp the Bird's Tail
4. Single Whip
5. Raise Hands and Step Forward
6. White Crane Spreads its Wings
7. Brush Knee and Push Left
8. Play the Lute
9. Brush Knee and Push x3
10. Play the Lute
11. Brush Knee and Push Left
12. Step Forward, Parry, Block and Punch
13. Apparent Closing
14. Cross Hands
15. Embrace the Tiger and Return to Mountain
16. Fist Under Elbow
17. Step Back and Repulse the Monkey x5
18. Diagonal Flying
19. Raise Hands and Step Forward
20. White Crane Spreads its Wings
21. Brush Knee and Push Left
22. Pick Up Needle at Sea Bottom
23. Fan Through the Back
24. Turn Body and Chop with Fist
25. Step Forward, Parry, Block and Punch
26. Step Forward and Grasp the Bird's Tail
27. Single Whip
28. Wave Hands Like Clouds x5
29. Single Whip
30. Pat the High Horse
31. Separation Kick Right & Left
32. Turn Body and Heel Kick Left
33. Brush Knee and Push Left & Right
34. Step Forward and Punch to Knee
35. Turn Body and Chop with Fist
36. Step Forward, Parry, Block and Punch
37. Heel Kick Right
38. Strike Tiger Left & Right
39. Turn Body and Heel Kick Right
40. Double Punch to the Ears
41. Heel Kick Left
42. Turn Body and Heel Kick Right

43. Step forward, Parry, Block and Punch
44. Apparent Closing
45. Cross Hands
46. Embrace the Tiger and Return to Mountain
47. Diagonal Single Whip
48. Part the Horse's Mane x5
49. Grasp the Bird's Tail
50. Single Whip
51. Fair Lady Works the Shuttles x4
52. Grasp the Bird's Tail
53. Single Whip
54. Wave Hands Like Clouds x5
55. Single Whip
56. Snake Creeps Down through the Grass
57. Golden Rooster Stands on One Leg L & R
58. Step Back and Repulse the Monkey x5
59. Diagonal Flying
60. Raise Hands and Step Forward
61. White Crane Spreads its Wings
62. Brush Knee and Push Left
63. Pick Up Needle at Sea Bottom
64. Fan through the Back
65. Turn Body and White Snake Spits out Tongue
66. Step Forward, Parry, Block and Punch
67. Step Forward and Grasp the Bird's Tail
68. Single Whip
69. Wave Hands Like Clouds x5
70. Single Whip
71. Pat the High Horse
72. Thrust with Palm
73. Turn Body and Cross Kick Right
74. Step Forward and Punch to Groin
75. Step Forward and Grasp the Bird's Tail
76. Single Whip
77. Snake Creeps Down through the Grass
78. Step Forward to Seven Stars
79. Step Back and Ride the Tiger
80. Turn Body and Lotus Kick Right
81. Bend the Bow and Shoot the Tiger
82. Step Forward, Parry, Block and Punch
83. Apparent Closing
84. Cross Hands
85. Closing

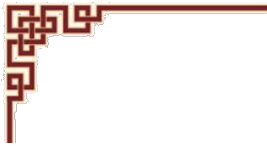
YANG TAI CHI JIAN – 13 SWORD TECHNIQUES

1. Split – *Pi*
2. Burst – *Beng*
3. Point – *Dian*
4. Thrust – *Ci*
5. Draw – *Chou*
6. Lead – *Dai*
7. Lift – *Ti*
8. Circle – *Liao*
9. Stir – *Jiao*
10. Strike – *Ji*
11. Press – *Ya*
12. Slice – *Mo*
13. Intercept – *Jie*

YANG TAI CHI JIAN – 54 SWORD FORM

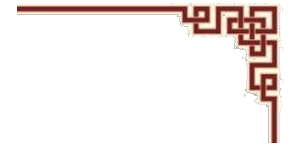
1. Preparation
2. Opening
3. Circle the Moon with Three Rings
4. Big Dipper
5. Swallow Skims the Water
6. Block and Sweep to Right & Left
7. Little Dipper
8. Swallow Enters the Nest
9. Agile Cat Seizes the Mouse
10. Phoenix Lifts its Head
11. Wasp Enters the Cave
12. Phoenix Spreads Right Wing
13. Little Dipper
14. Phoenix Spreads Left Wing
15. Casting the Fishing Rod
16. Poking the Grass to Seek the Snake x3
17. Embracing the Moon
18. Bird Lodging in the Forest
19. Black Dragon Swings Tail
20. Green Dragon Comes Out the Water
21. Lotus Swirls Around in the Wind
22. Lion Shakes its Head x2
23. Tiger Covers its Head
24. Wild Horse Jumps the Ravine
25. Rein in the Stallion
26. Compass
27. Dusting in the Wind
28. Pushing the Canoe with the Current

29. Shooting Star Chases the Moon
 30. Heavenly Horse Flies Over the Waterfall
 31. Lifting the Curtain
 32. Cartwheel to the Left & Right
 33. Swallow Carries Piece of Earth in its Beak
 34. Roc Extends its Wings
 35. Fishing for the Moon at the Sea Bottom
 36. Naza Explore the Sea Bottom
 37. Rhinoceros Looks at the Moon
 38. Shooting the Wild Goose
 39. Green Dragon Shows its Claws
 40. Phoenix Opens Both Wings
 41. Step Over & Block Up to Left & Right
 42. Shooting the Wild Goose
 43. White Ape Presents the Fruit
 44. Falling Flowers x5
 45. Fair Lady Works the Shuttle
 46. White Tiger Swings its Tail
 47. Tiger Covers its Head
 48. Fish Jumps Over the Dragon Gate
 49. Black Dragon Twists Around the Pole L & R
 50. Immortal Points the Way
 51. An Incense for Heaven
 52. Wind Sweeps the Plum Blossoms
 53. Presenting the Tablet
 54. Returning the Sword & Closing
- ### YANG TAI CHI JIAN – SWORD PARTNER EXERCISES
1. Neutralize & File the Wrist
 2. Block Upward & Slice Downward
 3. Intercept Upward & Circle Upward
 4. Neutralize Sideway & Side Cut
 5. Carry Down & Sweep Sideway
 6. Coiling Neutralize & Thrust Horizontally
 7. Low Neutralize & Low Thrust
 8. Wrist Cut Chasing
 9. Cloud Thrust
 10. Freestyle Partner Exercises



INSTRUCTOR COURSE © Tai Chi Bali

TAI CHI FOR HEALTH TEACHER TRAINING CERTIFICATE



** Minimum entry requirement 5 years experience in Yang style Tai Chi Chuan*

GENERAL INFORMATION

Teaching Tai Chi for Health is a great way to help make a difference in other people's lives while keeping yourself balanced, flexible and strong in the process. The Tai Chi Bali Instructor Course is informative and inspirational, designed to give you effective tools and techniques for learning and teaching Tai Chi For Health. The heart of this course is a deep exploration into the internal and external components of Yang Style Tai Chi For Health, and will teach you how to become a professional instructor, to refine your forms, postures and application skills, and deepen your understanding of the theories and principles of Tai Chi & Qigong. This course focuses on health not self-defence, although martial applications are briefly explained for each form. After certification it will take you a few months of practice in order to master the Tai Chi Bali Instructor Course well enough to become an effective teacher. Applicants are expected to complete this course within the 4 weeks which includes: 120 hours private classes 1-to-1 with the instructor, plus 30 hours self-practice (1 hour per day), and complete the reading list and written assignments on time.

MINMUM ENTRY REQUIREMENT

The purpose of certification is to assure that instructors have attained the virtue, skill and knowledge necessary to teach all program elements safely and effectively, and carry forward the great tradition of Tai Chi Chuan with modesty and respect. It is the highest award at our school that must be earned! Simply attending the course does not automatically mean you will become a certified instructor. This course is only offered to advanced students who have completed the Tai Chi Bali 3 Level Training Program or equivalent, with minimum 5 years experience. Before starting the course you must already know and be able to demonstrate: Basic Warm-ups, Basic Qigong, Simplified Yang 24 Forms, Traditional Yang Tai Chi Chuan Hand Form, Basic Pushing Hands Training, Basic Weapon Training.

COURSE READING LIST

Before beginning the course you should purchase and begin reading:

1. Tao of Teaching – Greta Nagel
2. Teaching Tai Chi Effectively – Paul Lam
3. Instructor Study Guide – Yang Family Association
4. Complete Works of Lao Tzu – tr. Hua Ching Ni
5. Harvard Medical School Guide to Tai Chi – Peter Wayne
6. Anatomy of Yang Family Tai Chi – Stefan de Graffenri
7. Tai Chi Secrets of Yang Style – Yang Jwingming
8. Tai Chi Chuan Essentials – Yang Family Association
9. Taijiquan Theory – Yang Jwingming
10. Martial Arts Instruction – Lawrence Kane

COURSE TOPICS

By the end of the course you will know:

1. The Code of Martial Virtue.
2. Injury prevention and safety in the classroom.
3. How and why Tai Chi works.
4. How to teach Tao philosophy.
5. How to teach Yin Yang theory.
6. How to teach Yang Family Tai Chi theory.
7. How to teach Meditation.
8. How to teach Qigong.
9. How to teach Short and Long Forms.
10. How to teach Pushing Hands.
11. How to teach the health benefits of Tai Chi Chuan.
12. Effective teaching methods and classroom management that enhance the spirit of Tai Chi Chuan.
13. How to develop enjoyable training programs appropriate for groups and individuals of different age and ability.
14. How to simplify, explain and demonstrate complex theories and techniques.
15. How to make effective assessments based on well-structured criteria.
16. How to offer accurate feedback and encouraging support that promotes confidence, learning and systematic progress.

WRITTEN ASSIGNMENT

Before the last day of the course all applicants must submit a minimum of 100 word answers for each of the following questions:

1. What is Tai Chi Chuan?
2. What are the essential qualities of a Tai Chi instructor?
3. What are the Yang Family Commandments and Moral Codes?
4. What are the main reasons that people practise Tai Chi Chuan today?
5. What are the physiological health benefits of Tai Chi Chuan?
6. What are the psychological health benefits of Tai Chi Chuan?
7. What is the benefit of slow movement?
8. What is the benefit of mental stillness?
8. What is the Tao?
10. What is the importance of the Tao Te Ching in Tai Chi Chuan?
11. What is the importance of the Tai Chi Classics?
12. Summarize the history of Yang Family Tai Chi Chuan?
13. Summarize the characteristics of Yang Family Tai Chi Chuan?
14. What are the two main theories on which Yang style Tai Chi Chuan is based?
15. What are the Three Principles of Yin and Yang?
16. What are the 10 Essential Principles of Yang Chengfu?
17. Explain the original 13 postures of Tai Chi Chuan?
18. What is the meaning of 'fang song' in Tai Chi Chuan?
19. What are the five directives for teaching Hand Forms?
20. What are the main differences between traditional and modern teaching methods of Tai Chi Chuan?
21. What are the six teaching points for instructors of Yang Family Tai Chi Chuan?
22. What are the 12 teaching guidelines for instructors of Yang Family Tai Chi Chuan?
23. How do we avoid injuring our knees during Tai Chi Chuan?
24. What are the essential elements of classroom management when teaching a group class of mixed ability and experience?
25. Explain the similarities and differences between Tai Chi Chuan and Qi Gong?