

Tai Chi for Beginners

Yang Style 24 Movements

Thursdays 11:00AM – 12:45PM

Instructor: Jane Zhang, RN, MA

This course will utilize hands-on instruction and demonstration in conjunction with visual media. The 24 movements will be divided into the first eight classes of the semester and the remaining four weeks will be spent putting the 24 movements together and practicing them as a whole. Every class will begin with warm-up exercises and stretches and review of the previous three movements from the last class, and then will move on to learning the next three movements. This course is not recommended for anyone with knee issues due to the horse stance, which is integral to Tai Chi and Chinese martial arts in general. For more information on Tai Chi and its various incarnations and styles, as well as the health benefits, the Internet is a great resource. Upon completion of the course, self-practice is strongly encouraged.

Week 1 – Starting Stance, Wild Horse Parts Mane (left, right, left), White Crane Spreads Wings

Week 2 – Brush Knee and Step Forward (left, right, left), Play Pipa (Chinese lute), Repulse Monkey (right, left, right, left)

Week 3 – Grasp Sparrow's Tail: left (ward off, roll back, press, push), Grasp Sparrow's Tail: right (ward off, roll back, press, push), Single Whip

Week 4 – Cloud Hands (left, right, left), Single Whip, High Pat on Horse

Week 5 – Right Heel Kick, Strike Ears with Both Fists, Turn Body and Left Heel Kick

Week 6 – Descend and Stand on One Leg: Left, Descend and Stand on One Leg: Right, Thread Shuttle: Right and Left

Week 7 – Needle at Sea Bottom, Flash Arms Like Fan, Turn Body; Deflect; Parry; Punch

Week 8 – Withdraw & Push as if Closing, Cross Hands, Closing Stance

Week 9 – Review and Practice 24 Movements

Week 10 – Review and Practice 24 Movements

*Course material is subject to change depending on class progress and/or difficulties