

## Course Objectives

- Progress from zero knowledge of Tai Chi to a basic mastery of beginner-level Tai Chi Fist(Wu Style) movements.
- Enable participants to practice Tai Chi fist independently through the basic understanding of Mandarin related to Tai Chi after the completion of the course.

## Course Details

- Session Length: Each session is 1.5 hours long.
- Clothing: Tai Chi suit (150RMB 以内)

## Weekly Breakdown

### Week 1: Introduction to Tai Chi

- Overview of Tai Chi history and philosophy
- Basic principles of Tai Chi: posture, balance, and breathing
- Simple warm-up exercises

### Week 2: Breathing Techniques

- Character “气” and breathing
- Basic stances and footwork of Tai Chi fist(Wu style)
- Learning two forms: The Preparation Form, Raise Hands

### Week 3: Energy Exercise

- Character “息” and Atman
- Focus on body alignment and energetic flow between movements
- Learning two forms: Hand Plays P&#39;i P&#39;a, Grasp Bird&#39;s Tail

### Week 4: Alignment Techniques

- Character “中” and alignment
- Continuing to refine the basic form learned so far
- Learning two forms: Single Whip, Slant Flying Posture

### Week 5: Integration of body and mind

- Character “和” and harmony
- Full review of all movements learned up to this point
- Learning two forms: Raise Hands Above Posture, White Crane Spreads Wings

### Week 6: Slow Practice and Flow

- Character “水” and Yin
- Applying Yin and softness principles to movement practice
- Learning one form: Brush Knee Twist Step

### Week 7: Integrating Movements

- Character “山” and Yang
- Applying Yang and hardness principles to movement practice
- Learning two forms: Step forward and strike opponent with fist, Approach close-up

### Week 8: Solo Practice Techniques

- Character “智” and Intelligence
- Tips for maintaining focus and mindfulness during practice
- Learning two forms: Step back to drive a monkey away,

### Week 9: Group practice

- Character “慧” and Wisdom
- Exploring the wisdom in Tai Chi

- Learning two forms: Slant Flying Posture, Sea Bottom Needle

#### Week 10: Course Review

- Full review of the entire forms
- Tips on how to continue practicing individually after the course
- Group sharing of experiences and final feedback session

#### Course Highlights

- Expert Instruction: Guided by a certified Tai Chi instructor to ensure proper techniques.
- Cultural Insights: Each class includes insights into the cultural significance of Tai Chi.
- Community Building: Opportunity to connect with fellow participants and share experiences.

#### Why Participate

- Beginner-Friendly: Tailored for those with no prior experience, fostering a supportive learning environment.
- Health Benefits: Improve physical health, reduce stress, and enhance mental clarity through Tai Chi practice.
- Lasting Skills: Equip yourself with the basic knowledge of Mandarin and skills to practice Tai Chi independently and continue your wellness journey.

Preis: 2980 RMB für 10 x 1,5 Stunden

Early bird price, Anmeldung bis 13.2, 2680 RMB

Locatin: Mandarin Inn, 1280 Huaihai Middle Road, Metro linie 1 oder 7, Changshu Road, Exit

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Start: 25.02.25

Uhrzeit: 10 Uhr – 11.30Uhr

Anmeldeschluss: 21.02.25