

太極



永恆

Sifu Lenny Aaron Tai Chi Forever's Curriculum

- 1) Qigong & Warm-Ups_____氣功熱身
- 2) Yang 24 Form_____楊家太極拳24式
- 3) Yang 32 Sword Form_____楊家太極劍32式
- 4) Wu Style Slow Form_____吳家太極拳108式架子
- 5) Wu Style Fast Form_____吳家太極拳108式貫串
- 6) Wu Style Saber Form_____吳家太極玄玄刀
- 7) Wu Style Sword Form_____吳家太極七星劍
- 8) Wu Style 2 Person Form_____吳家雙人太極意範
- 9) Push Hands_____推手
Stationary, Walking, Dai Lui Bo, 8 Ways, Freestyle, Move Hands Like Ocean Wave and All Methods
- 10) Self Defense Applications_____太極自衛術
From: Push Hands, Strikes, Grabs, and Applying/Defending Chin-Na
- 11) Flower Walking_____靈手活步
w/variations (to corners and w/elephant stance and cat stance etc)
- 12) Power & Stance Training_____氣功馬步練習
- 13) Explosive Power_____震勁
- 14) Fan Form_____雲扇