



Before You Take Your First Class

www.theTaiChiCollaborative.com

Thank you for your interest in learning Tai Chi, a time-honored way to improve balance, flexibility and strength!

The information below answers common questions for those starting on their Tai Chi journey. If you have any questions after reading this flipbook, don't hesitate to ask by reply email, phone call to 919-383-4351, or at your first class.

Your first class is at no cost, so you can decide whether tai chi is right for you before committing to the full session.

Why Do People Learn Tai Chi?

Tai Chi began as a martial art, but today it's known for its ability to improve balance, strength, and flexibility in body, mind, and spirit. Physically, many people find that their legs become stronger within a few weeks of practicing and that getting up from sitting on a chair or the floor is easier. Others notice a new ease in walking, even on uneven surfaces, while others find they are less stressed with the day's ups and downs.

Tai Chi can also affect our emotional states. Often referred to as a moving meditation, Tai Chi can bring mindfulness to daily life, beyond the class time. Many students find a new sense of inner calm and reduced anxiety.

Before You Begin

If you have any physical or mental health issues, privately let your instructor know. They will keep your concerns confidential and can help with any needed modifications.

How Long Does It Take to Learn Tai Chi?

Tai Chi basics can be learned in a few months, but the study of Tai Chi is best approached as a lifetime practice. We all learn at our own pace because of different abilities, different bodies, different attitudes. Comparison is the thief of joy! Tai Chi is a personal art and practice. No matter how many years one practices, the dedicated student will always have more to learn.

What Do I Wear?

Wear comfortable clothes and shoes. Any athletic shoe is fine, and almost any flat-heeled shoe will work. Sandals or open-back shoes that slip are best left in the closet. In accordance with traditional Chinese arts, we dress modestly. Comfort and room to move are key. Jeans are often too tight but sweatpants or other loose pants and loose tops are perfect.

At Triangle Aikido, we respect the space by changing from street shoes to practice shoes before entering the practice space and refraining from eating in the practice area

What else do I need to know?

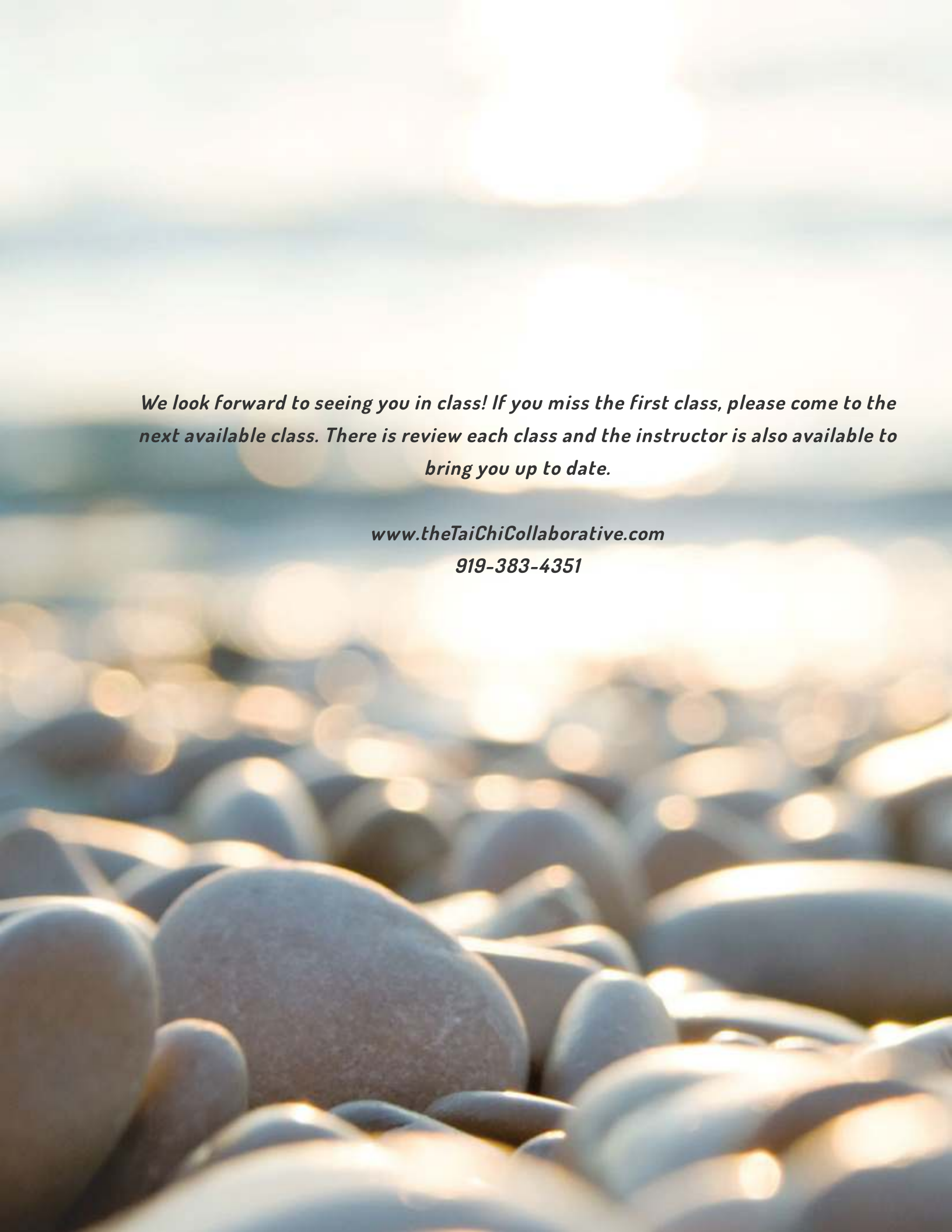
Even more important than what you wear is the attitude you bring to class and practice. Having an attitude of open-ness to new experiences is fundamental, called beginner's mind.

Patience is the key—patience with yourself, patience with your fellow students, and patience with your instructor. Your instructors have years of practicing patience.

Ask questions! It's likely others have the same questions. We call our students "collaborators" because the give-and-take in class makes for more fun and interesting times.

Tai Chi often introduces adults to a greater sensory awareness and understanding of how their body works. Unlike many sports, Tai Chi players don't respond to a ball or opponent. Unlike dance, there is no music. The expression "Go with the flow" originated with Taoism, the philosophical underpinnings of Tai Chi. Simply follow along and let your body listen. We've all experienced confusion as we learned Tai Chi, including the instructors, so don't let this concern you. The movements will eventually make sense!

Your instructor(s) are experienced and want you to share their passion for tai chi. Please feel free to speak with them about any concerns you may have.



We look forward to seeing you in class! If you miss the first class, please come to the next available class. There is review each class and the instructor is also available to bring you up to date.

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