

# TAI CHI ARTS PROGRAM

## ABOUT

The Tai Chi Arts program is very rich in content. Starting with the empty hand styles then advancing to short range weapons, then to long range weapons, students will learn how to use and control their own energy then learn to extend their energy into traditional tai chi weaponry. The focus of the tai chi arts program is to enhance health, and to cultivate balance and harmony in the mind and body.

The basic principals which must be practiced are the following:

- 1.To be calm
- 2.To be circular
- 3.To be relaxed
- 4.To be continuous
- 5.To have intent
- 6.To have focus

## EMPTY HAND TAI CHI FORMS

- Essence of Tai Chi - an introductory form
- Essentials of Tai Ch - beginner level form
- Taste of Tai Chi -intermediate level
- 67 movements of combined Tai Chi - advanced level
- Essence of Tai Chi - a two person practice set
- Rooting Pine Qi Gong - a core part of the internal arts program

## TAI CHI WEAPON FORMS

- Tai Chi Dragon Fan - single fan
- Tai Chi Dragon Fan - two person set
- Double Fan
- Tai Chi Sword
- Tai Chi Double Sword
- Tai Chi Spear
- Tai Chi Double Spear



## SPECIAL EXERCISES

In addition to the forms, special exercises will be taught to help improve balance and flexibility

- joint mobility
- flexibility training
- balance work
- waist turning
- coiling exercises
- rippling exercises
- cultivating focus and intent
- sticky hands
- energy sensitivity training
- meditation
- relaxation
- mind/body coordination

For more information contact Leda:

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TX 5063

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CIRCULAR  
CALM  
RELAXED  
WITH FOCUS  
AND INTENT

The goal of the Tai Chi Arts Program is to promote health, and well being, harmony and balance for the mind and body.

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# Tai chi levels

## LEVEL 1

Learn the Essence of Tai Chi Form  
Understand how to apply the concepts of being circular to the movements  
Learn basic concepts of weight shifting, heavy and light  
Learn Rooting Pine Qi Gong  
Learn the 2 person set of the Essence of Tai Chi form

## LEVEL 2

Complete learning the Essentials of Tai chi form  
Understand how to apply the concepts of being circular, and calm to the movements  
Techniques to counter opposign forces (negativity, anxiety, force conflict)  
Learn basic warm up routines for promoting flexibility  
Basics of balance and harmony  
Grounding and Coiling technique

## LEVEL 3

Complete learning the Taste of Tai Chi form  
Understand the concept of being relaxed and continuous  
Learn intermediate warm up routines for promoting flexibility  
Learn intermediate grounding and coiling work  
Learn the 2 person set for the Taste of Tai chi form  
Through partner work increasing understanding of absorbing and transferring energy

## LEVEL 4

Complete learning 67 movements of combined tai chi form  
Understand intention and focusing of energy  
Learn advanced warm up routines for promoting flexibility  
Learn advanced grounding and coiling work  
Learn how to practice pushing hands with a partner

## TAI CHI WEAPONS

Upon completing the three basic levels, a student may choose to learn either the tai chi single fan or single sword forms to study in conjunction with their empty hand training . Leda will customize a training program at this point for the student..

## TAI CHI ARTS INSTRUCTOR TRAINING

For those interested in becoming a tai chi arts instructor. Consult with Leda to find out about additional training that is required.