

Putting Intensity into T'ai Chi

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“wellness without walls™”

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Description

The martial arts of Chi Gong and T'ai Chi can be taught as powerful mind-body, cross-training disciplines for fit participants looking for new classes on mainstream group fitness menus. Giving athletes supreme body control, cardio junkies the ability to dance mindfully while barefoot and type “A” individuals the ability to slow down and focus, T'ai Chi offers intensity usually unexplored in the Western world.

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T'ai Chi

The first population one thinks of with T'ai Chi is...

Chi Gong

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T'ai Chi

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T'ai Chi

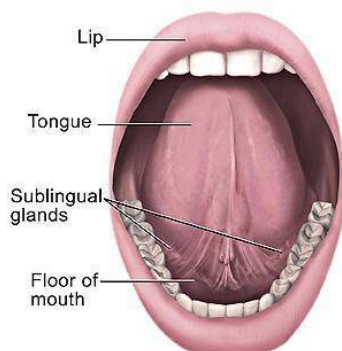


The Drum



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Tongue



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Hinges



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T'ai Chi

1. Namaste
2. Gratitude
3. L's Background with T'ai Chi
4. Martial Arts and the Color
5. Animals
6. Chi Gong as building blocks of "exercises"
 - a. random order
 - b. random speed
 - c. individual practice

Chi Gong

T'ai Chi

7. Asian Culture
8. The horse
9. The breath
10. The speed
11. The direction side "dao"
12. The time of day
13. The moves: wave, toss, push, pull

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chi



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Practical

PRE-PRACTICE/PRE-CLASS/PRE-SHOW

1. WARM-UP:
 - a. FEEDING/HUG THE TREE/STANDING IN SQUAT
 - b. AURICULAR MASSAGE

CLASS BODY:

2. CHI GONG MOVES
 - a. PAINT THE WORLD
 - b. GATHER THE CHI & SINK THE CHI
 - c. GALLOPING HORSE
 - d. THE MONKEY
3. TAI CHI MOVES
 - a. OPEN THE DOOR
 - b. EMBRACE THE MOON/PET THE HORSE + T STEP/BOW STEP
 - c. WAVE HANDS LIKE WHITE PUFFY CLOUDS WITH GATE CLOSE TO EARTH
4. CHI GONG MOVES
 - a. BEAT THE DRUM
 - b. HEAVEN AND EARTH (WIPING UP AND TOUCHING FLOOR)
 - c. THE CRANE
5. TAI CHI MOVES
 - a. CARRY THE LANTERN OF FIREFLIES + SNAKE CREEPS THROUGH THE GRASS
 - b. ROOSTER STANDS ON ONE LEG
 - c. WALKING ROOSTER

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Practical

6. CHI GONG MOVES:
 - a. OPENING AND CLOSING THE DOOR (MOVING)
 - b. BOWING ROOSTER
 - c. SEPARATING HEAVEN AND EARTH
 - d. SLAPPING AND CLAIMING (REACHING UP)
 - e. THE DEER
7. TAI CHI MOVES
 - a. GRASPING THE WILD BIRD'S TAIL
 - b. CARRY THE LANTERN
 - c. DIVING FOR THE NEEDLE AT THE BOTTOM OF THE SEA
 - d. HIGH PATTERN HORSE= STEP UP AND KICK WITH HEEL + BRUSH KNEE AND PUSH + BOX BOTH EARS

8. CIRCLE CHI GONG/TAI CHI

TRANSITION
9. RECITATION

RECITATION:

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T'ai Chi

12 QI GONG MOVES WITH SHORTENED NAMES:

QI GONG SUMMARY

1. GATHER THE CHI & SINK THE CHI	6. ROOSTER PUNCHES (12)
2. SUPPORT HEAVEN LIKE A PILLAR	7. BOW & ARROW WITH LEGS (6)
3. OPEN (CLOSE) THE DOOR	8. RAG DOLL (12) OR RIDE THE HORSE
4. CRANE SPREADS WINGS (6)	9. SEPARATING HEAVEN & EARTH (6)
5. BEAT THE DRUM (12)	10. DOUBLE BREATHS (2,2,1)
11. AURICULAR MASSAGE	
12. MING-MONG STIMULATION (TAPPING, FEEDING, CLEANING OFF)	

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T'ai Chi

*Sink the Chi	
*Open the Door	Wrists then raise to shoulder level as legs abduct
*Embrace the Full White Moon + T Step + Bow Step (3)	Top hand at nose level and lower hand at d'an tien level; loose wrists. Perpendicular feet step out to a lunge
*Parting the Horse's Mane (3)	Hands embracing the moon change position as one lowers, other rises; sometimes called "ward off;" when done 3 times sequentially, pivot occurs over left, right, left shoulder respectively
*Crane Spreads Wings and Prepares to Fly in Morning Crepuscular Sky	Left palm on right bicep from the last horse's mane and body rotates in direction of the right shoulder during inhalation; rotation on right foot is optional
*Snake Creeps Through the Tall Bladed Grass (moving R) + Rooster Stands on 1 Leg	Carry the Lantern + snake creeps between the knees
*Snake Creeps Through the Tall Bladed Grass (moving L) + Rooster Stands on 1 Leg	

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Summary

- Homework:
- Resources:
- Final Take Home Message:

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