

## Course Outline:

### Tai Chi Chuan

The following is meant as an outline guide to the course. The tutor may at her/his discretion make alterations to the content and order of the course. Please ask the Course Administration Staff for guidance if you are in any doubt about the suitability of the level of the course.

#### **What will the course cover?**

Learning the warm up routine including chi-kung exercises followed by the first section of the yang style long form.

#### **Course content**

The principles of tai chi – sinking the weight, cleaning and calming the mind, empty stepping and the sequence of postures.

#### **Should I have experience for the course?**

No, although any previous martial arts or energy work is helpful.

#### **What can I expect to learn?**

Over 7 weeks with regular attendance plus some home practice a student would usually complete  $\frac{3}{4}$  to the whole of the first section.

#### **What should I bring to the course?**

Students are asked to wear loose comfortable clothing and flat shoes.

#### **Would you suggest any books that the students read?**

Gem Guide to Tai Chi published by Collins. Any tai chi books or browse website @ [dongtaichi.com](http://dongtaichi.com).

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#### **By post**

Please complete the enclosed enrolment form and send it with a cheque (for the full amount), made payable to the YWCA Central Club OR fill in your Mastercard/Visa or debit card details. Please do not send cash. If you wish to apply for a concessionary fee, you will need to send a photocopy of your current evidence of entitlement to reserve your place and then take the original to reception on your first day.

#### **By phone**

Payments by Mastercard/Visa and debit card are accepted. Please have details of your credit card and the course title and course code ready. Call 020 7079 2855