

Guidelines for the Redlands Aikikai T'ai-Chi Ch'uan Student

Tai Chi Ch'uan: Moving Meditation

T'ai Chi Ch'uan also spelled Taijiquan is a Chinese movement system having a long and distinguished tradition as a Chinese internal martial art and characterized by sequences of movements that are soft, slow and gentle. This course explores the combination of the movements and meditative aspects to improve and maintain health. Through demonstrations and instruction, students learn a short sequence of movements and energy exercises along with the mental, emotional and physical benefits of practicing them. Easy to practice, the movements can form the basis for a personal exercise routine. An Article on the History of tai chi chuan can be found at: <http://www.dotaichi.com/Articles/HistoryofTaiChi.htm> Article on the Health Benefits of tai chi chuan

<http://www.indianexpress.com/fe/daily/19990221/fle21020.html> Article on what tai chi chuan is by Thorne

<http://www.dotaichi.com/Articles/TaiChiChuananewformofexersice.htm>

This class is not a substitute for medical treatment. Get your Doctors permission to take this class. Do not do any movement that you know that will cause you pain or is inappropriate for your condition.

ALWAYS Use common sense when exercising. This course is taught in a step by step progression. Students will learn the form in their individual groups.

You will learn the Symmetrical form of Yang Style t'ai-chi ch'uan (also spelled taijiquan) in this class. You will learn a choreographed form that is taught movement by movement. You will start with basic techniques and learn new movements as you progress. One technique acts as a foundation for the next. It is important to learn one movement correctly before going on to the next. You are expected to attend every class session. If you don't attend every session you may fall behind your group in the teaching progression.

Students are expected to attend every class and practice at home. If students miss a class, they are responsible to catch up to the group. Students who do not attend every class will not be able to keep up with the group in terms of learning the choreography.

The exercises should be comfortable and there should not be any pain during exercising. Check with your physician before you start this exercise program and get permission from your Doctor to take the class. Tai chi may be recommended by physicians for certain medical conditions and to improve balance.

<http://www.dotaichi.com/Articles/TaiChiCardiacRehabilitation.htm>

There should be no pain or discomfort during the exercises. Do not do any movement that causes pain. Do not do any exercises that you know are inappropriate for you. Stop immediately if you feel dizzy or have other symptoms. Dizziness can be very serious and

occur due to hyperventilation, taking too deep a breath, breathing too quickly over a long period of time or other reasons. Slow, deep, appropriate breathing is important. Do not drink any cold water or eat cold food during or after practice. Drinking Room temperature water liberally is advised.

Do not exercise when you are sick unless your Doctor gives you permission. Do not come to class with an acute illness.

Wait at least 30 minutes after eating to practice. Wear warm clothes and do not become chilled after practice, wipe off any sweat and change into dry clothes. In bad weather, e.g., windy, extremely hot, cold or smoggy do not practice outside. Find a warm comfortable area with good air to practice. Walk slowly and do breathing exercises after practice. In very hot weather stay in a cool environment.

Leave the outside world behind when you start the practice. You should try to maintain the serene feeling you get from training, after class.

It usually takes between 20 and 40 classes to learn the first form and complete Level I training. Basic movement drills will be practiced each class. After Level I students will continue to Level 2 training. This system is taught in a specific progression as follows:

Beginning Students (Level I):

1. Warm-ups, basic exercises, and stretching exercises
2. T'ai-chi ch'uan exercises and drills
3. O'mei Ch'i Kung and Other Ch'i Kung As time permits.
4. The first section of the Symmetrical Old Yang Style t'ai-chi ch'uan form.

After learning the first form, the Second form will be taught. Those interested in pushing hands or applications should attend the advanced class at UCR or LLU. Only those students who have finished Form One will be allowed to attend the continuing classes. When the advanced students are working on the second form, the beginning students should work on the first form.

For **optimum benefit** you should practice the exercises for 20 minutes, two times a day, six days a week. The amount of benefit you receive will be equal to the time you put into your training. Minimum time for benefit is 30 minutes, three times a week. The class is both an exercise session and a technique class. You will learn and practice the basic exercises and movements. You can practice this as an exercise session for yourself. There is a Video that can help you remember the exercises that you can purchase at the Redlands Aikikai. Home practice is important.

If you are not in good condition or just starting out, just a few minutes of exercise may be enough. When you start feeling tired you can stop. That is appropriate and sufficient. As you gain endurance you can do the whole class. Some students will opt to just do the exercises and then rest.

The basic exercises we do are important for beginning as well as for Advanced students. Form practice itself is not enough. Basic exercise practice is important to advancing in the art and learning the movements clearly.

Suggested Reference material:

Videos: V-1 Symmetrical Yang Style T'ai-chi ch'uan Form and basic exercises

Introductory DVD For the first 10 weeks of class. By Kurland \$30 Includes exercises done in the RCC class and first 10 movements of the Form. On Amazon.com or Purchase at Redlands Aikikai

V-2 Symmetrical Yang Style T'ai-chi ch'uan 28 Form Section One DVD by Kurland \$30 The Complete 28 movement form, "Section One" as taught in the LLU Drayson Center class. On Amazon.com or order in class.

NWTCCA Level 2 "The Airport" Video. 1988 video. Sections 1, 2, 4, 6, 7 & 8. Special Order. This older video has the long form on it, "Home made" quality. \$30.

Recommended Books:

Asian Mind-Body Techniques Revealed By H. Kurland **ISBN 978-1-4303-1221-5** **On Amazon.com and Barnesandnoble.com** Has the all the breathing, stretching and ch'i kung exercises we do in it. Can be ordered through the Redlands Aikikai. Informaton at http://www.amazon.com/Symmetrical-Yang-Style-Tai-Chi-Chuan/dp/B00101KYPY/ref=pd_bxgy_d_img_b

The Annotated Theoretical and Practical Tai Chi Chuan by Tchoung Ta-tchen. This book has the forms and breathing exercises that you are learning in class. **Most expensive book.** This is a hard to get book. Only Serious students should get this one.

T'ai Chi Ch'uan, by Cheng Man-ch'ing. **Least expensive book**, good pictures, different choreography that what is taught in class but similar techniques. Cheng Man- ch'ing has several very good books on t'ai-chi ch'uan.

Asian Mind-Body Techniques Revealed by Kurland, Order at the Redlands Aikikai, view on Amazon and Barnes & Noble. Has a section on the tai chi exercises we do as well as the Ch'i kung exercises.

http://www.amazon.com/ASIAN-MIND-BODY-TECHNIQUES-REVEALED-IMPROVING/dp/1430312211/ref=pd_bxgy_d_img_c

NWTCCA Exercises - Kurland 2011 Kuang P'ing and Special T'ai-Chi Ch'uan Core Exercises:

- . 1: Waist Circles
- . 2: Hip circles
- . 3: Knee Circles then stretch down (Don't do this if you have knee problems)
4. Back bending (8 Pieces of Brocade 8POB)
5. Side bends three versions, hands down, one hand, and locked fingers
6. Uphold the sky to balance the triple warmer channel, (8POB)
7. Raise a single hand to balance the stomach and spleen (8POB)
8. Look sideward to balance the lungs (8POB)
9. Shrug and Roll the shoulders, (Silk reeling energy exercise, SRE)
10. Waist Rotation, Single Hand circles & Cloud Hands (four versions) (SRE) **O'mei Shan Ch'i Kung Section One:**

A.) T'houng's 24 Methods of Breathing and Relaxation Ch'i Kung Section One

Start in the T'ai-chi stance: hip width and feet parallel. Relax and don't use force.

1. 2. 3. 4. 5. 6. 7. 8.

C. D.

Center Down, Up Horse Squat & round back, then raise up Turn Left, down in t'ai-chi stance Turn Right Down t'ai-chi stance Cross hands to palm up turn to left Bear, left hand hook Cross hands, turn to Right Bear, right hand hook Cross hands, dragon pose palms up, to left Phoenix with left toe up

Cross hands, palms up, Right Phoenix with right toe up

END OF SECTION ONE

Additional Exercises Which May Be Taught depending on the class: T'ai-chi ch'uan basic exercises & silk reeling exercises Standing Meditation (Post Standing) (12)

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E. F. G.

CTCCA T'ai Chi Ch'uan Class Harvey Kurland, MSc, CSCS, CTCCA Certified Instructor

Eight Pieces of Brocade (8) T'ai-chi Ruler Ch'i kung Soaring Crane Ch'i Kung (4 sets)

Old Yang Style T'ai-Chi Ch'uan Symmetrical 28 Form Copyright H. Kurland 2002

See the beginning of the form here <http://www.myspace.com/hkurland/videos/yah-tai-chi-for-seniors-at-magnolia-presbyterian-church-riversid/107962765>

SECTION 1 T'ai Chi Ch'uan Form:

1. Wu-Chi Stance - Preparation
2. T'ai-Chi Stance - Opening
3. Raise Hands - Beginning, Preparation
4. Step Forward Into Right Ward Off
5. Step Forward Into Left Ward Off
6. Turn Right And Grasp A Sparrow's Tail (Ward Off, Roll Back, Push, Press)
7. Single Whip
8. Raise Hands
9. Dragon Turns It's Head Right: Pull Down, Split, Elbow, And Shoulder
10. White Crane Spreads It's Wings
11. Split, Rollback, Turn And Left Single Hand Ward Off
12. Right Single Hand Ward Off
13. Grasp A Sparrow's Tail To The Left
14. Single Whip
15. Raise Hands
16. Dragon Turns It's Head Left
17. White Crane Spreads It's Wings
18. Brush The Right Knee And Twist Step
19. Play The P'i Pa
20. Brush The Right Knee And Twist Step

21. Deflect, Parry And Punch
22. Withdraw And Push
23. Brush The Left Knee And Twist Step
24. Play The P'i Pa
25. Brush The Left Knee And Twist Step
26. Deflect, Parry And Punch
27. Withdraw And Push "To close up"
28. Cross Hands (Embrace The Tiger) End Form - Wu-chi stance, dual retrieval of ch'i

For additional reference materials go to the NWTCCA web site at:

www.dotaichi.com or www.myspace.com/hkurland