

Tai Chi Chuan Yang Family Style 16 Movement Form

Sunday Evenings 7 PM – 8:30 PM

2017 - January through June

GENTLE WIND

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"Achieving motion in stillness and stillness in motion"

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Fee Schedule

Please Pay to Gentle Wind - \$16.00 per class

5 Class Discount – paid ahead by first session date* = \$70.00 (\$14.00 per class); or -
10 Class Discount - paid ahead by first session date** = \$125.00 (\$12.50 per class)

Schedule 2017

January 8**, 15, 22, 29 - February 5, 19**, 26

March 5, 19, 26 - April 2**, 9, 16, 23;

May 7, 14*, 21; - June 4, 11, 18, (25)

Keep your fingers crossed about weather this winter!

Saving June 25th for Make-Up Day if needed – and if so, all dates will shift

Key Elements of the Study of Tai Chi Chuan

- Tai Chi Chuan is the combination of (1) the theory of Yin/Yang dating back to the I Ching (Book of Changes) with (2) Qi Gong (Chinese breath work) and with (3) Fighting Techniques based on the 8 Essential Energies – Ward Off, Roll Back, Press, Push, Pluck, Split, Shoulder, and Elbow also using the 5 Essential directions of Forward, Back, Center, Left and Right.
- Ten Essentials of Tai Chi - Lift the Head & Raise the Spirit; Sink the Chest and Raise the Back; Relax the Waist; Drop Shoulders and Sink Elbows; Coordinate Upper and Lower Parts of the Body; Distinguish Between Empty and Full; Use Mind not Force; Match Internal and External Energies; Move Continuously; and Seek Tranquility.
- Movements - all energy and power come from our root which is in the Earth and connected with our feet; all our energy/power is generated by our legs, directed by our waist and manifested from our hands and fingers.

<https://www.youtube.com/watch?v=OfXIF0-aEKo#action=share>

(Grandmaster Yang Jun performing the Yang Family 16 Posture Form)

Syllabus for 20 Classes Study of Form

Notes – Every class will consist of – Discussion of energies and essentials; Review previous week's lesson; Review all movements learned to date. And teach one new movement - & NEW Students are encouraged to join any time – please be aware that the entire form is taught in 20 classes.

Five Class Session – Session One – January & February

1. **January 8** - Shoulder Width Standing, Forward Stance, Back Stance, Standing Posture, Essentials of Tai Chi, and begin study of the Form Movements – Preparation, and Beginning (1);
2. **January 15** - Practice Tai Chi Walking; Study essential energies Ward-Off and Pluck with Movements - Cloud Hands (2) – Cloud Hands is sideways stepping with using Ward Off and Pluck Energies;
3. **January 22** - Add new movement Single Whip (3) – Single Whip is a classic posture of Tai Chi Chuan forward upright posture defending in two opposite directions;
4. **January 29** - New Movement – Fist Under Elbow (4) which is a Back Stance using Ward Off and Pluck Energies
5. **February 5** - Review First Four Classes and Practice

Five Class Session – Session Two – February & March

6. **February 19** - Introduce another essential energy Split and new movement White Crane Spreads its Wings (Posture # 5) – Back Stance Using Split Energy
7. **February 26** - Review Tai Chi Walking; discuss another essential energy Push and add new movement Left Brush Knee and Push (6) – which is a forward stance using Push Energy;
8. **March 5** - Add new Movement Hand Strums the Lute (7) a Back Stance using Split energy
9. **March 19** - Add new Movement Step Back to Repulse Monkey (8) – backwards stepping posture into a Back Stance using Pluck and Split energies
10. **March 26** - Review of entire form through the first 8 postures, especially 5.6.7 & 8. (Halfway done!)

Five Class Session – Session Three – April & May

11. **April 2** - Add new Movement – Left Strike Tiger (9) a forward stance with both arms punching and change of direction;
12. **April 9** - Add new Movement – Parting the Ward Horse's Mane (10) – a forward stance using Ward Off and Split energies;
13. **April 16** - Add new movement Step Forward and Punch Opponent's Groin (11) forward stance using punch
14. **April 23** - New Movement – Turn Body and White Snake Spits out Tongue (12) – turning the body 180 degrees into front stance using combination of all energies;
15. **May 7** - Practice and Review all 12 postures, especially 9, 10, 11, & 12.

Five Class Session – Session Four – May & June

16. **May 14** - New Movement – Step Forward, Parry, Block and Punch (13) stepping forward into forward stance with blocking and punch, again using a combination of all energies;
17. **May 21** - Add new movement Step Forward and Grasp Birds Tail (14) which is a combination of five postures – Ward Off Left, Ward Off Right, Roll Back, Press and Push which is the quintessential Yang posture..
18. **June 4** - Continue Study of Grasp Bird's Tail
19. **June 11** - Add new Movement – Cross Hands (15) stepping into side stance with a chop, and then using double ward off energy into standing posture PLUS new moves Closing Form (16) and Return to Normal also called Restore Form.
20. **June 18** - Review entire 16 Posture Form!

