

# Twin Cities T'ai Chi



## Spring Class Schedule April through June 2017

Monday	Tuesday	Wednesday	Thursday	Saturday
				<b>Eclectsis</b> Boxing Fundamentals Join Anytime 9:30–10:30
				<b>Liu Ho Pa Fa</b> <b>12 Animals</b> Join Anytime 10:30–11:30
				<b>T'ai Chi 43</b> <b>Postures Form*</b> 11:30–12:30
	<b>T'ai Chi Solo</b> <b>Form</b> Join Anytime 12:30–2:00		<b>T'ai Chi Solo</b> <b>Form</b> Join Anytime 12:30–2:00	<b>T'ai Chi Solo</b> <b>Form</b> Join Anytime 12:30–2:00
<b>T'ai Chi Solo</b> <b>Form</b> Join Anytime 6:00–7:30	<b>Pushing Hands</b> <b>8 Energies/Drills</b> <b>/ Sensitivity*</b> 6:00–7:15	<b>T'ai Chi Solo</b> <b>Form</b> Join Anytime 6:00–7:30	<b>T'ai Chi Solo</b> <b>Form</b> Join Anytime 6:00–7:30	
<b>Weapons</b> Beginning T'ai Chi Sword 7:30-8:15 Weapons review 8:15-9:00	<b>T'ai Chi 43</b> <b>Postures Form*</b> 1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Tuesdays <b>San Shao Form*</b> 2 <sup>nd</sup> , 4 <sup>th</sup> Tuesdays 7:15–8:15	<b>Healing Tao</b> <b>Meditation</b> The Inner Smile This is a 12- week class beginning April 12 <sup>th</sup> 7:30–8:45	<b>Liu Ho Pa Fa</b> <b>Main Form**</b> 7:30–8:30	

**BEGINNERS WELCOME IN ALL T'AI CHI SOLO FORM, ECLECTSIS AND  
LIU HO PA FA 12 ANIMALS CLASSES**

\* Must know the Solo Form

\*\* Must know the 12 Animals Form

## Course/Class Descriptions

### **T'ai Chi Solo Form**

The foundation practice of T'ai Chi Ch'uan is called the solo form. It contains a series of movements performed at a slow and relaxed pace. Each Solo Form class begins with warm-ups: gentle stretches and joint-release movements designed to prepare you for T'ai Chi practice and Qigong (chee gong, meaning energy work). Qigong is simple movement combined with breathing and a quiet mind. Different qigong practices are taught in each solo form class:

1) Energy Spheres Qigong, 2) 6 Healing Sounds, 3) Cosmic Orbit Qigong, 4) Internal Qi Breathing Qigong. All students do warm ups together then new students are assigned a tutor to learn the T'ai Chi solo form.

### **T'ai Chi 43 Postures Form**

This two-person form, created by Paul Abdella, teaches a martial arts application for the postures in the solo form in the order they appear in the solo form sequence. It develops sensitivity in the body to external forces, highlights martial applications, and deepens the understanding and experience of the solo form.

### **San Shao**

This is a two-person form composed by Master T.T. Liang that catalogues and links together many partner practices created by past masters in the Yang style T'ai Chi tradition.

### **Pushing Hands**

Two-person movement patterns designed to teach martial applications, feeling, timing, and an understanding of the fundamental techniques of T'ai Chi Ch'uan.

### **Weapons**

Weapons practice in the Sword, Saber, Spear, Cane and Fan are used as training tools to extend one's energy beyond the hands and to help develop a refined aesthetic quality in the body.

### **Liu Ho Pa Fa**

Liu Ho Pa Fa (6 harmonies, 8 methods) is an advanced internal style martial art that developed centuries ago on Hua Shan (flower mountain) in China. It combines refined and effective martial techniques with Taoist principles and philosophy.

**12 Animals** is the foundation practice of the Liu Ho Pa Fa system. The 12 animals teach the martial principles and techniques of the style by imitating the fighting movements of twelve animals.

**Liu Ho Pa Fa Main Form** is an advanced Liu Ho Pa Fa Form that teaches advanced applications of the 6 harmonies and 8 methods and integrates and expands upon the techniques of the twelve animals.

### **Eclectis**

An eclectic martial art that combines a number of styles for practical self defense. Currently the only offering of this style is the Boxing Fundamentals class. The basics of western boxing—punching, creating combinations, footwork, defense, sparring, and more are taught in a safe and non-competitive way. Open to adults of all ages.

### **Healing Tao**

The Healing Tao is a complete system of Taoist Internal Energy work. The Inner Smile meditation is a seated practice that develops a deep feeling of neutrality and self-acceptance throughout the body.