

Yang Style 24 Form - Instructor Check List

Instructor	
1 Commencing	13. Right Heel Kick, Smash Right Heal
2. Part the Wild Horse Mane 3 times	14. Box/Strike the Ears Both Hands
3. Whit Crane Spreads its Wings	15. Turn Kick Left Heel Kick Birds Beak
4. Brush Knee 3 times	16. Snake Creeps Left – Pheasant Stands Left
5. Play the Guitar/Lute	17. Turn Birds Beak - Snake Creeps Right Pheasant Stand Right
6. Repulse the Monkey 4 times	18. Fair Lady Works Shuttles Right and Left
7. Grasp the Birds Tail Left	19. Pick the Needle from the Sea Bottom
8. Grasp the Birds Tai Right	20. Fan Through the Back
9. Single Whip	21. Turn Body, Deflect, Parry, and Punch
10. Wave Hands Like Clouds 3 times	22. Apparent Close
11. Single Whip	23. Cross Hands
12. High Pat on Horse	24. Closing Form
Tai Chi Edge Core Principles A, B, C, D	First 6 _____ Lead Instructor Int First 12 _____ Senior Instructor Int First 18 _____ Senior Instructor Int All 24 _____ Chief Instructor Int
Lead Instructor <ul style="list-style-type: none"> ○ A, B, C, D, E, F, G, H, I, J ○ Teach level 1. ○ Teach level 2. ○ Teach level 3. Senior Instructor <ul style="list-style-type: none"> ○ Teach level 4. ○ Teach level 5. ○ Teach level 6. 	Chief Instructor <ul style="list-style-type: none"> ○ Tai Chi ○ Tai Chi Edge Story ○ Tai Chi Enhanced Style ○ Qi ○ Yin/Yang ○ Jing and Song ○ Wuji

Tai, Chi, Edge members that wish to become instructors will progress through a series of stages. Stage one is called instructor identification and begins when a student or member says I wouldn't be an instructor. Stage two begins when the student has tested and completed level wind training and is awarded the white band. Stage three the student is entered into the instructor training track. The instructor training track consist multiple individual modules. The modules represent the individual pieces of knowledge, experience, and skills the instructor needs to develop to successfully manage, facilitate, and lead a Tai Chi Edge program. To succeed as an instructor you must show confidence, enthusiasm, leadership, listening, organization, knowledge (CELL-OK)

1. Welcome
2. Show enthusiasm and motivation
3. Organize Team
4. Set up the group - area, members
5. Welcome to the XX Tai Chi Edge Session
6. Introduce yourself and assistants
7. Introduce session process
8. Acknowledge new members
9. Place new members in middle
10. Relax, Breath, Copy and Have Fun
11. Safety Brief –
12. Relax and Welcome the Day (RWD)
 - a. Active Relaxation
 - b. Breath deep and slow
 - c. Control and coordinate
 - d. Deliberate Focus, Awareness, Concentration and Attention
- 13 . Qigong 8 Pieces of Brocade
14. RWD
15. Yang Style 24 Form
16. Build enthusiasm and confidence (BEC) Give X people your Qi energy
17. RWD
18. BEC
- 19 Organize Training Session
20. Break into Level training.
 - i. Level 1.
 - ii. Level 2.
 - iii. Level 3.
 - iv. Level 4
 - v. Level 5.
 - vi. Level 6.
 - vii. Instructor Level
21. Lead Instructor Training
22. Final Session
23. Secret Stuff - Lead Instructor
- 24 Close