

Tai Chi Enhanced Yang Style 24 Form Session Outline (Large group 20 or more)



SECTION 1

WELCOME **2min**

1. **HELLO EVERYONE:** Welcome to Tai Chi, my name is XXX and I will be facilitating this session and I'm assisted by XXX.
2. **If this is your first time joining us** we welcome you and we are excited you joined us. If you have never done Tai Chi don't worry, just relax, breath, and have fun. Everything we do will be slow, simple, fun, and designed, especially for the brand-new person.
3. **We do the Yang Style 24 Form**
 1. We make Tai Chi **FUN** to do.
 2. We make it **EASY** to engage with us (Like a backyard barbecue just come have fun).
 3. We also **make learning** Tai Chi **SIMPLE**. We have 6 levels of training – you simply go to the level you need.
 4. And last but not least **WE TEACH** Tai Chi so it's **TECHNICALLY** effective for enhancing overall mental, physical, and emotional health and wellbeing.
4. **Are there any questions?**

SECTION 2

SESSION INTRODUCTION **1min**

1. **We will begin with a quick relaxation exercise called Relax and Welcome the Day, then a Qigong exercise to get warmed up, and then the Tai Chi Enhanced Yang Style 24 Form** made super slow and easy to follow.
2. **We will go through the complete form 2** times slow enough for the newest person to simply copy and follow.
 1. The more experienced members will focus on making progress towards proficiency and getting better.
 2. **If you are new, the most important thing you want to do, is just Breath, Relax, Copy, and Follow.**
3. **After the two sessions we will than breakout** into Level Training Groups based on your skill level.
 1. Sometimes we won't break out and the Chief Instructor will provide training to the entire group.
 2. Or we may do Level Testing.
4. **When we start we put new members in the middle** to make it easy to follow. You will be surrounded by members that know a little more than you so you can copy and follow them. Just look left or right to copy and follow.
5. **It's that Simple and Easy.**
6. **Any questions**

SECTION 3

SAFETY RULES: **1min**

Now before we start, we have to cover six safety rules.

- 1. Don't do anything** you see us do you cannot do, and don't be afraid to ask questions.
- 2. You can take a break** at any point you need to especially if you get tired or confused.
- 3. Medication:** Tai Chi is exercise, if you have any medical or health conditions, or medication concerns that exercise may interfere with, you should have your healthcare providers approval to join us.
- 4. Stay in your comfort zone.**
- 5. Leave when you are ready. We end at XX, but you can leave anytime you need to. However, if you don't leave XX, we will start teaching the secret stuff at the end of the first hour for 15-30 minutes.**
- 6. And most importantly-Relax, Breathe, and Have Fun.**

SECTION 4

START THE ROUTINE. **25min**

1. Do Relax and welcome the Day **1min.**
2. Do Qigong Eight Pieces of Brocade **6min.**
3. Do Yang Style 24 Form **8min.**
4. Say - everyone go give 5 people some Qi Energy and say we did it 1 time. **1min**
5. Do second session Yang Style 24 Form **8min.**
6. Say - everyone go give 5 people some Qi Energy and say we did it 1 time. **1min**

ANNOUNCEMENTS **2min**

Check before we break into Group Level Training and Development, are there any announcements?

SECTION 5

BREAKOUT LEVEL SESSION 20min Each Level

Tai Chi Enhance Style Systematic Training

1. Level 1 Getting Ready to Learn 20min.

1. Intro to Tai Chi and the Tai Chi Edge, Tai Chi Enhanced Style. 1min
2. Introduce website and Meetup.
3. Introduce the Wuji State
4. Introduce Relax and Welcome the Day: ABCD 2min
 - i. **A**ctive relaxation
 - ii. **B**reathe control - deep and slow.
 - iii. **C**ontrolled and coordinate your movement's.
 - iv. **D**eliberate awareness, focus attention, and concentration.
5. Teach Relax and Welcome the Day 2min.
6. Introduction Qigong Eight Pieces of the Brocade 1min
7. Teach Hold the Ball 1min.
8. Teach Tai Chi Walking 6 min.
9. Teach walking and ABCD 2min.
10. Observe and Teach 5min.

2. Level 2 Getting Started (First 3) 20min.

1. Teach Commencing - 2min.
2. Teach Part the wild horse mane 3 time - 5min.
3. Teach White Crane Spreads its Wings - 3min.
 - i. Teach Arms circles – 2min.Observe and correct all three. 10min.

3. Level 3 Getting Going (Form 4-6) 20min.

4. Teach Brush knee left and right 3X.
5. Teach Play the guitar/lute.
6. Teach Repulse the monkey.

Introduce White Band Proficiency Testing

4. Level 4 Moving on (Form 7-12) 20min.

7. Ward off left Grasp the birds tail left.
8. Ward off right Grasp the birds tail right
9. Single whip
10. Wave Hands like clouds
11. Single whip
12. High Pat on Horse

5. Level 5 (Forms 13-18) 20min

13. Right Heal Kick smash.
14. Box ears - turn left.
15. Left Heal Kick.
16. Snake creeps left Stand on left leg - turn to the front - birds beak left.
17. Snake creeps right stand on right leg.
18. Fair Lady Works Shuttle Right and Left

6. Level 6 (Forms 19-24) 20min

19. Pick the needle off sea deck.
20. Fan through the back.
21. Turn, deflect, parry, and punch.
22. Apparent Close- Pushing Chi turn to front.
23. Closing Return, the Tiger to the Mountain
24. Closing - Step in with right than with left foot arms down.

SECTION 6

FINAL SESSION EVERYONE - 10min

- 1. Do the Final Session with Entire Group.**
- 2. Say Everyone go give 5 people some Qi Energy and tell them we did it three times.**
- 3. Conclusion**
- 4. Closing: Thank everyone for attending, remind them to practice, and when the next event is.**

SECTION 7

SECRET SESSION – 15-30min

At the end of the normal training session, if members stay around, the Chief Instructors or Senior Instructors may provide remedial, advanced training on Tai Chi philosophy, principles, techniques, and the health and well-being elements of tai chi. Topics may include subject from the following:

Tai Chi Forms

Tai Chi Theory and Philosophy

Tai Chi Principles