

# Guidelines for the T'ai-Chi Ch'uan Student

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This course is taught in a step-by-step progression. You will start with basic techniques and learn new movements as you progress. One technique acts as a foundation for the next.

The exercises should be comfortable and there should not be any pain during exercising. Check with your physician before you start an exercise program and get permission from your Dr to do the exercise.

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.

Do not exercise when you are sick unless your Dr says it is ok.

Dizziness can occur due to hyperventilation, taking too deep a breath, breathing too quickly over a long period of time. So slow deep appropriate breathing is important.

Leave the outside world behind when you start the practice. 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.

Do not drink any cold water or eat cold food after practice. 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.

You should try to maintain the serene feeling you get from training, after class. There should be no pain or discomfort during the exercises.

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 class.

# University of California Riverside - T'ai Chi Ch'uan Class

## Harvey Kurland, MSc, MFS, CSCS, Chief Instructor

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.

This session is aimed to learn and practice the basic exercises and movements. You can practice this as an exercise session for yourself. The Basic Video can help you remember the exercises.

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. As you gain endurance you can do the whole routine.

These exercises 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.

### **Kuang P'ing and Special T'ai-Chi Ch'uan Exercises: Core Exercises:**

- 1: Waist Circles
- 2: Hip circles
- 3: Knee Circles then stretch down
- 4: Back bending
- 5: Side bends three versions
- 6: Uphold the sky to balance the triple warmer
- 7: Raise a single hand to balance the stomach and spleen
- 8: Look Backward to balance the lungs
- 9: Shrug and Roll the shoulders
- 10: Waist Rotation, Hand circles & Cloud Hands (four versions)

### **O'mei Shan Ch'i Kung**

#### **A.) Tchoung'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. Center Down, Up
2. Horse Squat & round back, then raise up
3. Turn Left, down in t'ai-chi stance
4. Turn Right Down t'ai-chi stance
5. Cross hands to palm up turn to left Bear, left hand hook
6. Cross hands, turn to Right Bear, right hand hook
7. Cross hands, dragon pose palms up, to left Phoenix with left toe up
8. Cross hands, palms up, Right Phoenix with right toe up

#### **END OF SECTION ONE**

#### **Additional Exercises Which May Be Taught depending on the class:**

- C. T'ai-chi ch'uan basic exercises & silk reeling exercises
- D. Standing Meditation (Post Standing) (12)
- E. Eight Pieces of Brocade (8)
- F. T'ai-chi Ruler Ch'i kung
- G. Soaring Crane Ch'i Kung (4 sets)
- H. T'ien Shan Ch'i kung
- I. Pa-kua standing Meditation (pa-kua chan chuang) (8)

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Tchoung's Old Yang Style T'ai-Chi Ch'uan Symmetrical Form  
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### 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)
29. End - Wu-chi stance, dual retrieval of ch'i

For more information and reference material go to the NWTCCA web site at: [www.dotaichi.com](http://www.dotaichi.com)

### Workshops:

Information on UCRSRC Workshops can be found at  
<http://src.ucr.edu/classes/classes.html>.

T'ai-Chi Chien Straight sword Form and applications Workshop, at 1:00 PM at UCR  
Student Recreation Center 787-5731 April 18<sup>th</sup>, 2004.

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**Canemaster's Workshop, Self Defense with a Hooked Cane** at the UCR Student Recreation Center. 787-5731 May 16th, 2004 at 1:00 -3:00 PM..

**T'ai-Chi Walking Stick Form and Applications** at UCR Student Recreation Center. June 6th, 2004 at 1:00 until 3:30 PM. 787-5731

**World T'ai Chi & Ch'i Day** April 24<sup>th</sup> at Riverside Community College Huntley Gym 10:00 AM RCC Young At Heart dept 222-8090 Free

### **SUMMER CLASSES:**

RCC Summer session starts the week of June 14<sup>th</sup>, 2004, Four classes, call 222-8090

UCR Extension Starts June 29<sup>th</sup> until August 17, Tuesdays 6:30 PM 2004 call 787-5801

UC Riverside Student Recreation Center Wednesday 6:05 PM call 787-5731

Loma Linda University Starts In June, Thursdays at 6:00 PM call 558-4975

### **Suggested Readings:**

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. Available online at Banyen Books at [www.banyen.com](http://www.banyen.com). or on Ebay. Ebay is usually less expensive.

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

### **Video:**

**Symmetrical Form Introductory Video and basic exercises** By Kurland \$30

**Symmetrical 28 Form Video** by Kurland \$30 ( soon to be released)