

# 12 WEEK TAI CHI COURSE - Improve, Mind, Body, amp Spirit throughout life.



Location **East of England, Suffolk**  
<https://www.freeadsz.co.uk/x-255836-z>



This 12 week Yang style health Tai Chi course is designed to provide the ancient Chinese martial art of Tai Chi to the modern consumer. Learn all the skills you need in just 12 weeks to enjoy the benefits of Tai Chi Throughout your life.

As you learn this ancient Chinese method of preserving health and vitality within the body, you will soon find your energy levels increased and your mind expanded.

Studies have shown that regular Tai Chi practice will improve overall mental and physical health and for this reason it is practised by the young and old throughout the world who wish to manage stress, improve health and increase the length of their lives.

Once the form is mastered it is possible if you wish, to progress on to develop your skills for use in self-defence by studying combat Tai chi or to increase your ability further through practice of the advanced form (Chen Style).

Below is a brief description of what is included in the 12 week health Tai Chi course.

## Chi Kung (Week 1-4)

Begin by learning the basic technique for breathing and basic exercises of Chi Kung. As you start to tie the breath in with the movements of the body you will understand how to progress on to the moving meditation which is Tai Chi. Chi Kung will aid in postural correction, elongating the spine and

strengthening the base. Over time as you practice Chi Kung daily you will begin to clear and expand your mind, improve your memory, and your concentration, you will be able to do things that you thought were impossible. It will be easier.

## 8 step (Week 4-8)

After learning Chi Kung you are ready to progress on to the 8 step form. This basic configuration of movements taken from the long form will allow you to begin to develop your Tai Chi skills. Taking the breathing technique learned in Chi Kung and applying it to the expansion and contraction of Tai Chi, as you learn the basic stances, practice balance and weight transfer, preparing you for the full form. As you practice the 8 step regularly your co-ordination and concentration will be greatly improved, positively affecting your ability to carry out any work each day of your life.



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#### Yang 24 (Week 8-12)

When you have mastered the 8 step form you will have learned all you need to prepare you to begin learning the full Yang style 24 movements of Tai Chi. This first form of Tai Chi focuses on forces of pushing and pulling, understanding your complete range of motion and controlling one's centre of gravity at all times. You will begin by spending time training the basic walking exercises and learning new stances. Then eventually the turning, low stances and kicking techniques which make up the yang style form. Regular practice of Yang Tai Chi will enhance balance and co-ordination, strengthen joints and limbs, improve respiratory and cardio vascular function and provide a way to focus your mind, re-energize and distress throughout your life.

Please email or call for more information and to book your course.;