



Summer Term Timetable, April - July 2017

Tuesday evenings at: *St Anne's Community Hall, 55 Dean Street, W1D 6AF*

Class	Dates	Time
Introductory Class	25 Apr	6.30 - 7.30 pm
Beginners 1 (B1)	2 May - 4 July	6.30 - 7.30 pm
Beginners 3 (B3)	2 May - 4 July	6.30 - 7.30 pm
Beginners 2 (B2)	2 May - 4 July	7.45 - 8.45 pm
Push Hands 2	2 May - 4 July	7.45 - 8.45 pm

Wednesday evenings at: *Marylebone Dance Studio, 12 Lisson Grove, NW1 6TS*

Class	Dates	Time
Fundamentals	26 April - 28 June	6.45 - 7.45 pm
Push Hands 1	26 April - 28 June	8.00 - 9.00 pm

Course Fees

- Introductory classes are free.
- One course costs £130.
- A concessionary rate of £100 is available to those who present proof of their student, over 65, or unwaged status.
- Cost of repeating any/all courses, when it is additional to a full price course is £20 each.
- A discount of £10 is given to students who enrol and pay in full one month before the course starts.
- Reserve a place on any course by sending a cheque made payable to School of Tai Chi Chuan London, together with your details, to: STCCL, 30 Arundel Gardens, London W11 2LB.
- Payments by Debit/Credit card are processed by PayPal via our website: www.londontaichi.org
Please ensure that you also email us with your course details.
- Payments can also be made via Bank Transfer. Please email to request details.



About the classes offered this term:

1 The Form, Beginning Level

The Beginning Level of Cheng Man-Ch'ing's Yang Style Short Form is taught in 30 one-hour classes, divided into three separate 10-hour sections: B1, B2 and B3.

The moves of the Form are thoroughly explained and practised in classes that meet for one hour once a week. Each class begins with a complete review of the previous class before moving into the new material.

In the first 10 classes, students learn the moves of the First Third (B1) and are introduced to the basic principles of T'ai Chi. Relaxation is the key. The First Third is also called "The Healing Third". The remaining 20 classes at Beginning Level, also taught in two 10-hour sections, complete the teaching of the Yang Style Short Form.

2 Fundamentals (part 2)

Following on from learning the basic sequence at Beginning level, in Fundamentals we work on the principles in more detail to discover a more secure foundation with the result that you can enjoy more Balance, Straightness and Relaxation in the Form.

The Fundamentals course is taught over 2 terms and includes working with partners.

3 Push Hands 1 (part 2)

"Push Hands" (T'ui Shou) practice might be better translated as "Sensing Hands." In this partner exercise, we use postures and movements from the T'ai Chi Form, and kinaesthetically "listen" for our partner's balance, timing, and tension. Through the practice of Push Hands we learn to play with the energy of their movements, and develop relaxation and balance in our responses.

Students move through three levels of Push Hands. Push Hands 1 introduces working with a partner in a non-confrontational format, focusing on stability, balance and the ability to interact in harmony while maintaining one-handed contact. This course is open to students who have completed the Fundamentals level of the Form.

4 Push Hands 2 (part 2)

Push Hands 2 a continuation of Push Hands 1, but with the two-hand sequence and the principle of yielding introduced. In this course we establish a clear understanding and embodiment of push hands practice, refining our technique, sensitivity and awareness of ourselves in relation to others. This course is open to students who have completed the Intermediate level of the Form.