

TAI CHI STEPS TO LEARN FOR THE ADVANCED STUDENT

THE FORM

- Know the Form in its entirety
- Clean up technique
- Cultivate chi in the form

PUSH HANDS

- Try to unbalance your partner through grounding, neutralizing, rooting, and chi
- Free-style Push Hands

SWORD

- Choreographed Sword Form (short form)
- Choreographed Sword Form (long form)
 - Solo
 - Partner
- Free Sword Plan