



# Living Younger Longer Institute

## Welcome to the T'ai Chi Project



*Ancient wisdom, sound science, the keys to a healthy longevity*

### **Take control of your own health.**

Get accurate, evidence based information from masters degree level health professionals.

### **Learn an enjoyable exercise for a lifetime of active adventure!**

Experience for yourself the accumulated wisdom of centuries with the timeless exercise of Tai Chi.

Feel more energy, sleep better, learn to use your Tai Chi to

alleviate stress, chronic aches and pains, feel better about yourself, improve your health and balance.

### **Learn at your own pace with our step by step approach!**

Our 25 years of teaching experience offers you an enjoyable world class learning experience.

### **ACTIVITIES OF THE INSTITUTE**

#### **Lifelong learning, health and fitness.**

Each year hundreds of people begin lifelong learning and fitness opportunities through the Institute. Students can study for general interest and/or for an professional qualification.

#### **Courses offered include**

- Tai Chi/Qigong classes
- Acupuncture and Traditional Chinese Medicine Clinic
- Teacher Certification Programs
- Community Outreach Programs

### **Who we are**

The Institute is an autonomous educational institution dedicated to promoting physically active, healthy lifestyles using Tai Chi, Qigong and Traditional Chinese Medicine.

### **About the directors**

**Joseph Brady MSTCM** is a Nationally Board certified practitioner and Diplomate in Oriental Medicine. Joe has taught Tai Chi, Qigong and Traditional Chinese Medicine, for over thirty years at the University of Denver, The University of Colorado Health Sciences Center, Metropolitan State College of Denver, Arapahoe and Red Rocks Community Colleges.

**Jacqui Shumway MA**, Western Region Director for the National Association of Health and Fitness and served on the Colorado Governor's Council for Physical Fitness for 12 years. Jacqui has over twenty years experience, teaching, and coordinating clinical exercise therapy programs at the University of Colorado Health Sciences Center, St. Joseph's Hospital, Colorado School of Traditional Chinese Medicine, Metropolitan State College of Denver and Colorado Community Colleges.

*Winners of numerous national awards, Jacqui and Joe were awarded lifetime membership in the Oxford Roundtable (in 2006) at Oxford University, England.*



# TAI CHI PRINCIPLES AND THE ELEMENTS OF ENJOYMENT

## LESSON PLAN FORMAT

### THE IMPORTANCE OF THE TAI CHI CLASSICAL LITERATURE

The Tai Chi classics are rich with material on the coordination of mind and body in action. This dual cultivation of mind and body forms the cornerstone of the art and serves as the standard of performance down through the centuries. “Every single word in the (T'ai chi) classics rings true, You will always be correct when you follow the principles” Cheng Man Ching, 1970.

### CORE CONCEPTS FROM THE CLASSICS

To get the most out of Tai Chi, learning the form is not enough. The serious student must strive to understand and embody the core concepts in Tai Chi as laid out in the Tai Chi Classical literature. In analyzing the Tai Chi classical literature we can define 5 principles of mind body coordination, contained in the Tai chi classics. These were echoed in “The Five Words Secrets” of Li Yi-Hu (1833-1892)).

1. Agility
  - Earth = Balance and Agility
2. Gathering Qi (Chi)
  - Metal = Cardiorespiratory fitness
3. Tranquility
  - Water = The relaxation response
4. Concentration of Jing
  - Wood = Strength, flexibility & coordination
5. Development of Shen
  - Fire = the skillful use of awareness

### LESSON PLAN FORMAT, A CONCEPTUAL APPROACH

**Warming up the body and mind.**

**Introducing the concept from the Classics**

**Developing skills from core concepts**

**Incorporating elements of skill into the form**

**Cool Down & Homework**

Exploring the Tai Chi concept, in daily life, health, healing and martial arts.

### TAI CHI AND THE PSYCHOLOGY OF OPTIMAL EXPERIENCE

To those who can perform it well, T'ai chi chuan becomes a joyous artistic performance where all separation between mind and body disappear and the world is perceived as humming with life, vibrant, beautiful and somehow indefinably sacred. This feeling of oneness cuts off at the source, the sense of isolation and loneliness that lies at the root of unhappiness. These changes in perception may explain the profound effect that T'ai chi has had on science, philosophy, art and culture in China. It affects practitioners at the very core of consciousness itself.

### Elements of Enjoyment in Tai Chi

Tai Chi is one of the oldest and most systematic ways of producing a flow state of consciousness. Commonly known as a “runner's high”, flow is the mental state in which both mind and body are fully immersed in a feeling of energized focus in the process of the activity. Also described as an “autotelic experience” to denote an intrinsically rewarding and enjoyable state of mind.

When the classics speak of the most positive experiences in Tai Chi, they mention at least one, and often all of the following elements of enjoyment.

- **A challenging activity**
- **Skills**
- **Clear goals and feedback**
- **Merging of action and awareness**
- **Concentration on the task at hand**
- **Control**
- **Loss of self consciousness**
- **Oneness and the Transformation of Time**

“If the mind and the internal energy can be skillfully exchanged you will gain the marvelous trick of performing smoothly and dynamically”

Wu yu - hsiang



# Beginning Tai Chi Chuan Forms

*“A journey of a Thousand miles, begins with the first step” Lao Tse*

## Warm-up Exercises

Arm swinging, Boat rowing, Walking on ice in the dark, universal post, kiss your toe  
“Loosening the Joints” form, wrists, arms, shoulders, waist & hips, knees, hamstrings & lower back. *Yang Family Tai Chi Qigong*. Alternately you may see any of the following forms used as warm ups.

*8 Silken forms, 5 Elements form, Northern Star Qi-gong,*

## First sequence The Preparation for T'ai chi.

Wu Ji (Infinity) posture - step to the side and Wuji separates into Taiji and the exercise begins

Hands up, you down

Lion plays with ball right to Wardoff left

## Second sequence to learn - 2. Grasp Sparrows Tail (to the right) also known as the original thirteen postures

Wardoff,

Rollback,

Press,

Push

Single whip (single whip was not a part of the original 13 postures but is usually included in modern versions)

## Third sequence to learn

Lift Hands

White Crane Cools Wings

## Fourth sequence to learn - Brush Knee

Brush Knee Left/Play Guitar/Brush Knee Left

Brush Knee Right

Brush Knee Left/Play Guitar/Brush Knee Left

## Fifth sequence to learn - closing of Part 1.

Intercept and Punch

Withdraw and Push

Crosshands

# Long River Boxing Form Introduction to Tai Chi

Joe Brady & Jacqui Shumway  
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 Institute  
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 Denver, Colorado 80206  
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 303-744-7676 (message)  
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## Preparation Sequence



Wu Ji posture      Hands Up You Down      Lion Plays with a Ball      Wardoff Left

→

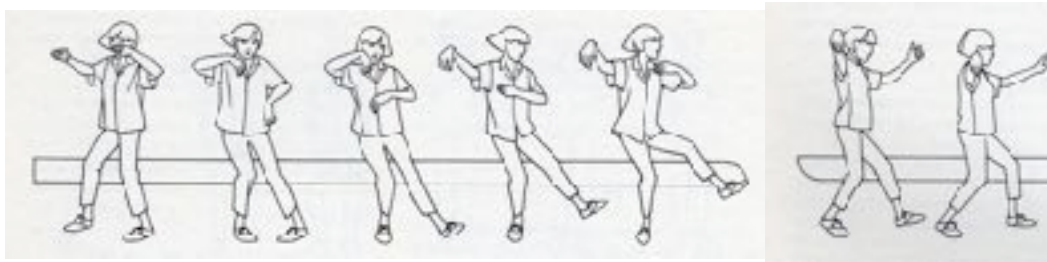
## Grasp Sparrow's Tail (Opening Sequence)



Wardoff      (Rollback)      Press      Push

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## Transition



Single Whip

→

## Closing Sequence



Intercept & Punch      Withdraw & Push      Cross Hands      Wu Ji posture

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