



Living Younger Longer Institute

Welcome to the T'ai Chi Project Intro Sessions!



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 immune system and balance.

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

Our 35 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/sessions
- Acupuncture and Traditional Chinese Medicine Clinic
- Community Outreach Programs
- Teacher Certification 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, L.Ac. is a Nationally Board certified practitioner and Diplomate in Oriental Medicine. Joe has taught Tai Chi, Qigong and Traditional Chinese Medicine, for over thirty-five years at the University of Denver, The University of Colorado Health Sciences Center, Metropolitan State College of Denver, Arapahoe and Red Rocks Community Colleges and Colorado School of Traditional Chinese Medicine.

Jacqui Shumway, MA, BBA served as Western Region Director for the National Association of Health and Fitness and on the Colorado Governor's Council for Physical Fitness for 12 years. Jacqui has over twenty-five 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 and 2013) at Oxford University, England. They also present for Harvard Integrative Medicine Annual Meetings.*



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 “runners 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 Forms

13 Original Postures of Zhang San-feng Form

Preparation Infinity Pose
sequence: Hands up You Down
Lion Plays with the Ball (right)
Ward Off (Left)

Grasp Sparrow's Tail Ward Off (right)
sequence (right): Roll Back
Press
Push
Repeat Grasp Sparrow's Tail sequence
(left)
Crosshands

Long River Boxing Form

Preparation Infinity Pose
sequence: Hands up You Down
Lion Plays with the Ball (right)
Ward Off (Left)

Grasp Sparrow's Tail Ward Off (right)
sequence (right): Roll Back
Press
Push

Transition & Closing Single Whip
sequence (right): Intercept and Punch
Withdraw and Push
Crosshands



Additional movements to add if the entire class chooses to progress Part 1 (Short Form) of 108

Transition (Single Whip)
sequence: Lift Hands
White Crane Cools Wings

Brush Knee Brush Knee Left/Play Guitar/Brush Knee Left
sequence: Brush Knee Right
Brush Knee Left/Play Guitar/Brush Knee Left

Grasp Sparrows Tail/13 Original Postures

Preparation Sequence



Wu Ji posture

Hands Up
You Down

Lion Plays
with a Ball

Wardoff
Left

**Joe Brady &
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Grasp Sparrow's Tail Right (Opening)



Wardoff

Rollback

Press

Push



Lion Plays
with a Ball

Grasp Sparrow's Tail Left



Wardoff



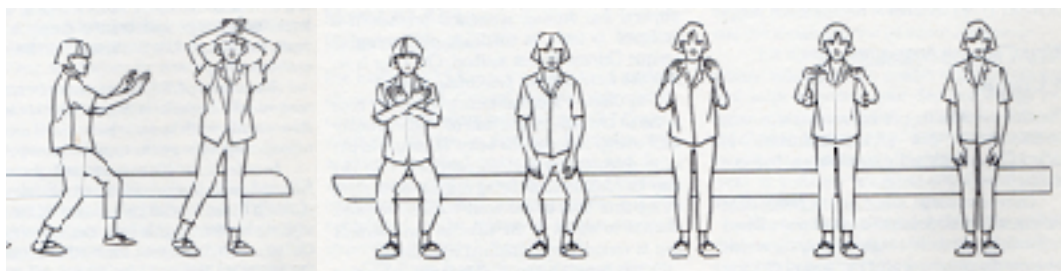
Press



Push

Rollback

Closing



Cross Hands

Wu Ji posture