



# 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/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** 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 “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

# Beginning Forms



## 13 Original Postures of Zhang San-feng Form

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

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

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## Long River Boxing Form

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

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

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

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## Part 1 (Short Form) of 108

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

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

**Transition sequence:** Single Whip  
Lift Hands  
White Crane Cools Wings

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

**Closing sequence:** Intercept and Punch  
Withdraw and Push  
Crosshands

# Long River Boxing Form/Introduction to Tai Chi

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## Preparation Sequence



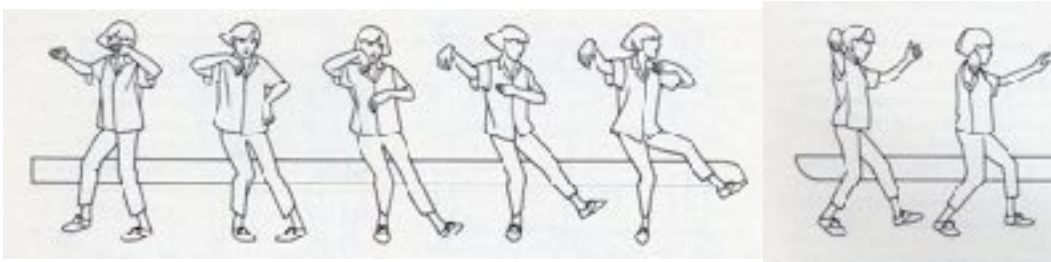
Wu Ji posture      Hands Up You Down      Lion Plays with a Ball      Wardoff Left

## Grasp Sparrow's Tail (Opening Sequence)



Wardoff      (Rollback)      Press      Push

## Transition



Single Whip

## Closing Sequence



Intercept & Punch      Withdraw & Push      Cross Hands      Wu Ji posture