

Curriculum

<p>Zhan Zhong Chi Kung Standing pole exercise are a form of callisthenics involving the cultivation and integration of mind and body under the conditions of no-movement. Through these exercises the body comes to understand the foundation of stillness and the circulation of energy throughout the body.</p>	<p>Six posture exercise</p>		
<p>Tai Chi Long Form Standard 108 form developing smooth flowing movement.</p>	<p>Part one</p>	<p>Part two</p>	<p>Part three</p>
<p>Dao Yin Chi Kung Moving body alignment exercise. Tuning the form body to the Tai Chi form through the linkage method of stringing the major joints of the body together.</p>			

<p>Concept of Yin Yang Form Understanding fullness and emptiness, substantial and insubstantial the two energies of opposite forces.</p>	<p>Part one</p>	<p>Part two</p>	<p>Part three</p>
<p>Concept of Chi Spiral Form Developing internal power by stringing the bow into the body, distinguishing the directions through the use of segmentation.</p>	<p>Part one</p>	<p>Part two</p>	<p>Part three</p>
<p>Tui Shou Pushing hands, developing sensitivity and Ting Jin listening energy used for self-defence applications.</p>	<p>Single hands Double hands</p>	<p>Centring Tan ti'en rooting</p>	<p>Seven pearl body Push</p>
<p>Ta Lu Two person form (the great pull) Chi Na Two person joint locking form</p>			
<p>Dynamic Tui Shou Two person exercise to strengthen various parts of the body.</p>			

<p>Tai Chi self-defense Applications Ideas relating to the usage of the principles and concepts learnt.</p>	<p>Far Jing Explode Jit Tear Na Hold Bai Immobilise</p>		
<p>Tai Chi Weapons</p>	<p>Sword</p>	<p>Pole</p>	