



Old Oak Taiji School Beginning Taijiquan Curriculum

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What is Taijiquan?

太極拳

Taijiquan (often called Tai Chi) is an ancient Chinese fitness system based on relaxed body alignment and smooth flow of energy. It is a moving meditation which promotes health and longevity as well as self-defense. It is based on the Daoist concept of the dynamic flow of the polar energies yin and yang, which manifest in the changing of the seasons as well as the human breath. Taijiquan training consists of body conditioning, solo form, and partner practice. This course will provide students with a foundation of Taijiquan philosophy and practice. The system I practice is a rare, little-known style called Ruyu-Style Taijiquan developed by Master Chen Qu Kuan in southern Taiwan.

Qigong Warm-ups

- Swinging the arms
- Bouncing up & down
- Tapping the meridians
- Loosening the joints

Taiji Fundamentals

- Wall-falling
- Taiji-walking
- Bear-posture
- Closing the gate
- Taiji salute

Partner Practice

- Yielding
- Rooting

Form

1. Commencement
2. Grasp Sparrow's Tail
3. Single Whip
4. Play Guitar
5. Shoulder Bump
6. White Crane Spreads Wings
7. Brush Knee
8. Play Guitar
9. Brush Knee
10. Step, Parry, and Punch
11. Withdraw and Push
12. Cross Hands

Principles to Remember:

Relax everything into a stable base
Move from effort to no-effort
Heavy below, light above

Handouts (see website)

Intro to Taiji Theory
Taiji is Natural Like a Tree
Step-By-Step Form Instructions
Guidelines for Solo Practice