

T'AI CHI CH'UAN

YANG STYLE SHORT FORM



TO GET THE MOST OUT OF YOUR BEGINNER CLASS, IRI RECOMMENDS THE FOLLOWING:

- ✿ Bring an open mind; T'ai Chi offers new perspectives.
- ✿ Wear loose, comfortable clothing and flat shoes to practice.
- ✿ Eat/drink at least a small amount before class; you will burn calories.
- ✿ Be prepared for a workout.
- ✿ It's ok for your legs to be sore – you'll develop stamina – but if your knees hurt, please speak up.
- ✿ Resist temptations to break away during classes to sit down, visit other parts of the studio, or use your cell phone. Fidgeting distracts others.
- ✿ Please do not bring pets to the studio.

OTHER GUIDELINES:

- ✿ New information is introduced on a regular basis.
- ✿ To help retain what you have learned, practice new movements on your own after each class.
- ✿ Home practice helps familiarize the work and evoke questions to bring to class.
- ✿ We recommend attending every class (2x/week) to keep the group progressing at a steady pace.
- ✿ It may help to dedicate a blank notebook as a T'ai Chi journal to capture questions and answers as you progress.
- ✿ Check the IRI website and Facebook page for important reference materials to add to your T'ai Chi library. Many articles are archived at iritaichi.org; new articles.