



# Tai Chi Chuan Toolbox Workshop Series

**Tuesdays, 8 - 9:15 pm**  
with Instructor Paul Blake



No Experience Required

*This "toolbox" workshop series is designed to provide you with the tools to help you learn to self-evaluate and make the most out of your Tai Chi practice.*

## 1 Song - Learn to relax deeply & discover your body's innate structure May 15 & 22

Central to the principles of Tai Chi is your ability to quiet the mind, relax deeply and discover or use your whole-body structure. A lack of any of these points hinders your ability to manifest your Taiji from thought to action.

## 2 Getting the most out of your solo practice June 12, 19 & 26

Most improvements in Taijiquan (Tai Chi Chuan) are done through one's own solo practice. You practice forms, Qigong (Chi Kung) and create drills to work on specific qualities or refinements. But, because of the natural learning curve, you cannot avoid practicing with errors. However, you do need to learn to recognize these errors and you need a template to guide you. In Taijiquan, you can find these guides in the Taiji Classics and the Taiji Principles. It is also helpful to study with a teacher who is already on the correct path to help you stay the course.

This short program was created to provide you with some tools to help you learn to self-evaluate. This will not replace a qualified teacher, but it will allow you to efficiently progress until you can make time with one.

1. The Taiji Classics- what they are and where to find them
2. Proper Stances- Shifting back and forth
3. Holding Postures- Standing Qigong
4. Peng and Song- what is both seen and not seen (felt)
5. Transitions
6. Correct breathing for health and martial arts
7. Taiji Ball and Ruler- tools for self-improvement

## 3 Overcoming the Error of Double-Weighting July 31, Aug. 7 & 14

Taijiquan is an excellent tool for self-cultivation and as a guideline for interacting with others. A skilled practitioner has the ability to seamlessly flow from a negative situation into a positive one. A good example of this is standing on a falling ladder. Do you hang on to it out of fear, and crash, or do you step off safely before it hits the ground? Learning to recognize the points of change, when Yin can turn into Yang, and vice versa, helps us to overcome one of the greatest roadblocks in Taijiquan; the error of double-weighting, or becoming stuck. In this short program you will receive gentle assistance from a partner to help you recognize and understand the subtle interplay of Yin and Yang within Taijiquan.



5 Dundee Park ~ Andover, MA 01810 ~ [www.YangsAndover.com](http://www.YangsAndover.com)

**Register for one or more!**

Tai Chi Toolbox Summer Workshops



Workshop	3 days before	Reg.
Song	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45
Getting the most ...	<input type="checkbox"/> \$52	<input type="checkbox"/> \$62
Error of double-weighting	<input type="checkbox"/> \$52	<input type="checkbox"/> \$62
<i>All 3 workshops</i>	<input type="checkbox"/> <b>By 5/11</b> \$125	<input type="checkbox"/> \$152

Name: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Min. 8 enrolled in each workshop for workshop to be offered. Please pre-register to help us determine if workshop will be held.

Registration fully refunded if workshop does not take place. All other refunds subject to a 10% processing fee. Non-refundable 3 days before workshop. Classes missed beyond our control are forfeited.

