



Hand of the Wind Taijiquan

How our online classes work.

For regular Hand of the Wind students:

- The videos are organised into 'series'.
Warm Up and 4 Directional Breathing can be found in the 'Welcome' series.
Videos to teach you movements of the Tai Chi Form can be found in the series, 'Learn'.
Videos to follow along and practice Tai Chi Form are in the 'Practice' series.
Videos to help you deepen your understanding of Tai Chi and Qigong are in the 'Theory' series.
Taoyin Qigong breathing exercises are in a series labelled as 'Breathing Exercises'.
- Start with a warm-up (use the Warm-Up video until you are happy that you can remember the exercises yourself).
- Use 4 Directional Qigong as a warm-up exercise for your Qi (use the video to help if you are finding it hard to remember).
- Work on your Tai Chi Form using the routine of:
 - Practice the Tai Chi Form as far as you know independently (without any video to assist you).
 - Use the Practice video that goes up to the movement that you are on – if you are struggling to remember any details, use the Learn video for the relevant movement to go over it again.
 - When you feel that you are confident with the movements that you know so far, then use the Learn video to learn the next move or movements.
 - Once you have learnt some new movements, use the Practice video that goes as far as the move that you now know before practicing independently (without any video).
- Practice Taoyin Qigong exercises (use the videos to follow along or practice independently if you are feeling confident).
- Use the Theory videos to deepen your understanding of Tai Chi and Qigong.
- Always finish your session with the Closing Qigong exercise (use the video if you need help remembering it).

Hot tip: You can place the videos you are currently using into a playlist before starting a training session!