



Hand of the Wind Taijiquan

How our online classes work.

For new students:

- The videos are presented in 'series' and the place to start is with the First Steps Lesson One video in the Welcome series.
- The first time you access a class, use the 'First Steps' video, which will guide you through a warm-up and introduce the principles of our style of Tai Chi.
- Then watch the 'Learn Moves 1 to 3' video and learn the first part of the Tai Chi Form. Find this video in the 'Learn' series.
- Use the 'Practice Tai Chi Form to move 3' video to run through the first part of the Tai Chi Form until you feel that you have 'got' it. Find this video in the 'Practice' series.
- Practice the Tai Chi Form up to move #3 without the video and then if necessary, go back to either the Learn or Practice video to check that you are getting it right.
- Try out some of the Taoyin Qigong exercises by watching and following along with the videos. These are accessed in the 'Breathing Exercise' series.
- Check that you can still remember the Tai Chi Form up to move #3 and go back to the Learn or Practice videos if required.
- Finish your session with the Closing Qigong exercise by following along with that video. Find this in the Welcome series.

Your second class:

- Use the Warm-Up video to loosen up the joints and muscles. Look in the Welcome series.
- Then, use the 4 Directional Qigong video to do the warm-up breathing exercise. (Also in the Welcome series).
- Use the Practice to Move #3 video to run through the start of the Tai Chi Form that you learnt in the first session. If you need to go back and check details of the movements watch the Learn to Move #3 video again.

- If you feel that you can comfortably remember up to move #3 independently (without following the video!), you might choose to move on to the Learn to Move #5 video and learn the next part of the Tai Chi Form. Then, use the Practice to Move #5 video to reinforce the learning of those moves.
- Remember, it is not a competition and there is no rush to move on to learning the next moves – getting the moves right will give you more benefit than learning more moves and not remembering them properly! At Hand of the Wind we very strongly believe that doing one move correctly will give far more benefits than doing fifty movements badly. Try to resist temptation and only move on to learning new movements of the Tai Chi Form when you really are secure with the moves that you have already learned – it will be much better for you in the long term!
- Use the Taoyin Qigong videos to practice a variety of Qigong exercises.
- Always finish your sessions with the Closing Qigong exercise by following along with the video until you can remember it independently.

Your next class and then continuing onwards:

- 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.
- 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 found in the 'Theory' series to deepen your understanding.
- Always finish your session with the Closing Qigong exercise (use the video if you need help remembering it).