



china**life**

healthy living. china-style.

Tai Chi Class



12 Sessions - 18 Simplified Forms - Chen Style

£96.00 for 12 sessions (Limited Places)

Dates:

27th February - 22nd May 2009

Friday Evenings (1 hour)

from 6.30pm/ 7.00pm

Please contact Lisa for confirmation

Book Now!!

Venue:

Mornington Sports Centre
or Soho Gym (Camden)
to be confirmed.

AcuMedic Centre

020 7388 6704

Lisa Tsang

101-105 Camden High Street ,
London NW1 7JN



**Wear comfortable
clothing and soft
shoes to class.**

I would like pay for
12 session at £96.00

I would like to pay for 6
sessions at £60.00 in two
installments

Name _____

Address _____

_____ Post Code _____

Mobile _____

Email _____

Please: make you payment
before attending class, either by
direct debit at our shop, over the
phone or in person.

Speak to Lisa Tsang on
0207 388 6704 option 4

www.acumedic.com

18 Forms of Chen Style Tai Chi

Presented by Dr. Cheng Anyi

Principles to remember

1. Stay rooted
 2. Keep the centre line
 3. Don't let the hands cross the centre line (most of the time!)
 4. Keep the elbows low
 5. Keep the back straight
 6. Keep the head high
 7. Keep the knees over the feet
 8. To move in one direction, generally move in the other direction first -ie winding the spring
 9. Be aware of where the weight is
 10. When stepping - let the heel touch first
- And as if you haven't got enough to remember - RELAX!

Form 1	Preparing form
Form 2	Buddha's Warrior Attendant Pounds Mortar
Form 3	Lazy about Tying Coat
Form 4	Six Sealing and Four Closing
Form 5	Single Whip
Form 6	White Crane Spreads its Wings
Form 7	Walking Diagonally
Form 8	Brush Knee
Form 9	Stepping to Both Sides
Form 10	Lovers Hands and Strike with Fist
Form 11	High Pat on the Horse
Form 12	Kick with the Left Heel
Form 13	Jade Girl works at Shuttles
Form 14	Wave Hands
Form 15	Turn Body with Double Lotus Kick
Form 16	Canon Fist Over Head
Form 17	Buddha's Warrior Attendants Pounds Mortar
Form 18	Finishing Form



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