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AT VANDERBILT

Tai Chi River

Is TAI CHI Magic?



Starter Package For Online Tai Chi Holiday Gift

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Getting Started with Tai Chi River

Most people have no idea what Tai Chi is??? This ancient practice is based on slow relaxing movements that bring health and vitality to every practitioner. Here at Tai Chi River, beginners are ALWAYS welcome. It does not hurt, you do not stretch or twist, and you do NOT ever roll around on the ground. It is safe for everyone!

Students learn to breathe better. Students learn about gravity and balance and fall prevention strategies. Students learn to relax and enjoy life while removing fears and tension.

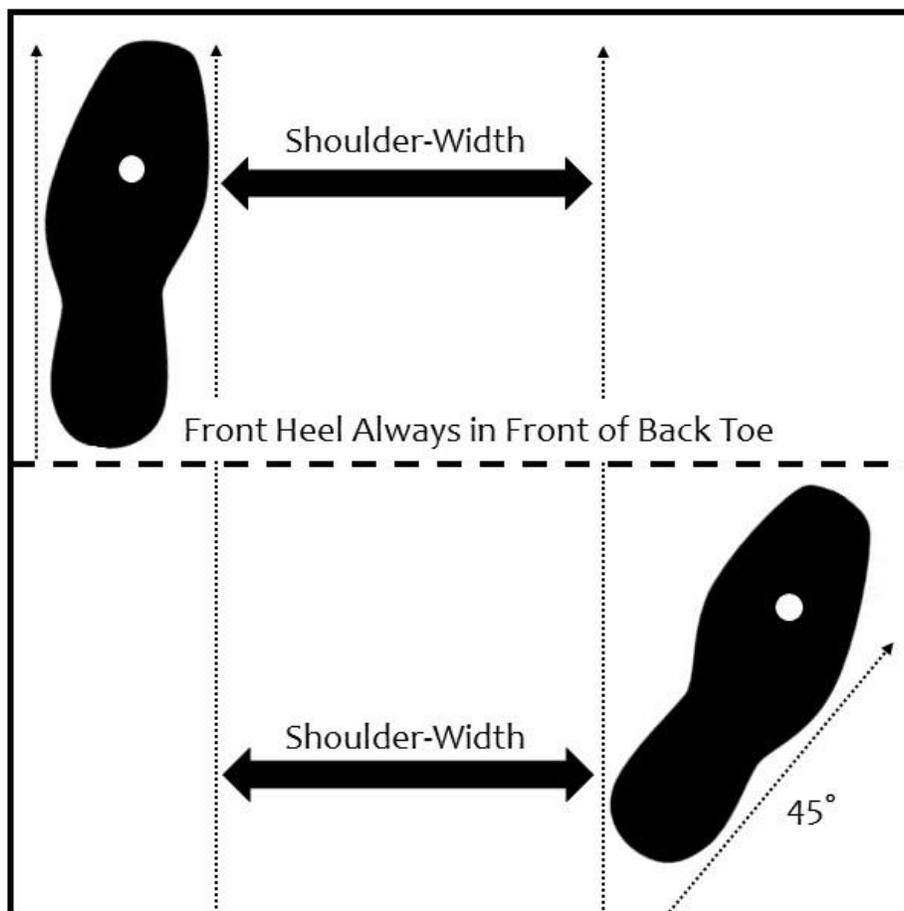
New Student Checklist

Here is everything that you need to know about your first day of Tai Chi...

1. Broadcast Only – When you join class on Zoom, you will be on mute the whole time. You can choose to share your video or not, but NO ONE is watching you. Do not be self-conscious and enjoy the movements in the comfort of your living room.
2. Clear Your Space - You will need about five square feet of clear space in front of your computer or screen. Try and face directly towards the screen and not at an angle.
3. Safety First - Nothing in Tai Chi should ever HURT! Take it easy and stay within YOUR 'range of motion.' You should never move beyond 70% of your own personal range of motion. There will be no extreme stretching or rolling on the ground. Please watch our FREE video called Safety First to review our principles.
4. Use a Chair - We recommend that beginners and people working on balance keep a chair nearby. This helps if you get 'wobbly,' you can grab it for stability. Also, if tired, you can sit and continue.
5. Comfortable Clothes - No special clothes are necessary... just something comfortable. You can practice Tai Chi without changing clothes or showering after!
6. Wear Flat Shoes - Your shoes will be important for Tai Chi. Wear comfortable shoes that are flat with minimal arch. If your feet hurt, try different shoes next time...or even your bare feet!
7. Remove Jewelry and Belts - Tai Chi improves your circulation, so we want to remove watches and rings and belts to allow our bodies to 'flow' properly. Do not constrict your body anywhere.
8. Look Off to Infinity – We are trained by habit to WATCH TV and screens. However, for Tai Chi, you should gaze off to the horizon and un-focus your eyes. Don't WATCH the class, participate in the class with movement and correct posture – head up and eyes forward.
9. North/South/East/West – We use these terms to define our directions in the room. These are NOT the actual directions, but rather north is forward and ahead. South is behind you. Like a compass on the ground around your feet.
10. Relax. Breath...and Smile. Welcome to Tai Chi River!!!

Important Tai Chi Posture

Tai Chi is the next NEW thing. This ancient practice is recognized by doctors as an ideal strategy for physical and mental health. These slow, relaxing movements are safe for everyone, and provide effective tools for improving quality of life and the immune system.



T'ai Chi River 太極川

70/30 Front Stance

“Bubbling Well” – Drop weight through this point behind the ball of the foot

Knees in line with toes

Hips square to the front

Tailbone hanging

Spine elongated with head “Suspended from Heaven” by a string