

# 2023 Spring Tai Chi training courses



The WCCA Tai Chi club was founded in 2016 by several local residents passionate about Tai Chi exercise and education. We have been providing Tai Chi training courses to local communities since then.

To better serve the communities is one of our major club missions. We participated in community events by offering numerous performances in retirement homes, Chinese New Year gala, the Waterloo Public Library Moon Festival (see tweets from [Officer Dave Chen](#) and [WPL](#)) and the Oktoberfest Parade (take a look at 5:30 of this YouTube [video](#)). More previous activities and pictures can be found in our [web page](#).

We are excited to offer two Tai Chi training courses, i.e., 24 form and 56 form, with accompanied club activities, starting from January 2023.

## 1. Tai Chi 24 form training course

**Contents:** The 24 form Tai Chi with basic Tai Chi movements and skills will be taught. The 24 form is primarily formulated based on Yang-style Tai Chi with integrated skills/movements from other styles.

**Language:** Bilingual (English and Mandarin)

**Participants:** Trainees with any levels of Tai Chi experience can join. The course is particularly suitable for trainees with no Tai Chi experience. Trainees with past Tai Chi experience will also benefit from this course by improving their existing skills, postures and movements. This fundamental Tai Chi course will be critical for all trainees to advance their Tai Chi skills to higher levels.

**Class size:** 25

**Cost:** \$100.00/person, 20 sessions

**Time:** 2023 Jan 5th to May 18th, every Thursday from 6:50pm to 7:35pm

After the course, trainees can stay in the same place for more club activities and practice from 8:30pm to 9:15pm with no additional costs. Since there is another course before 8:30pm, trainees will have to wait for about 45 min before club activities start.

## 2. Tai Chi 56 form training course

**Class Contents:** The 56 form Tai Chi will be taught. The 56 form Tai Chi is formulated primarily based on Chen-style Tai Chi by integrating two serial "Traditional" Chen-styles (so-called "Old Frame").

**Language:** Mandarin only

**Participants:** The course will be suitable for trainees with some Tai Chi experience.

**Class size:** 25

**Cost:** \$120.00/person, 24 sessions

**Time:** 2023 Jan 5th to Jun 15th, every Thursday from 7:45pm to 8:30pm

After the course, trainees can stay in the same place for more club activities and practice from 8:30pm to 9:15pm with no additional costs.

### 3. Club Activity

#### Contents:

Trainees and participants will have chances to practice what they have learned in the courses either individually or as a group. The instructor will also offer advices to improve specific movements/skills.

#### Cost:

- Trainees from any Tai Chi training courses can participate in these club activities for one year with no additional costs
- Non-trainee participants can attend these club activities based on a club fee of \$50/person/year
- To better serve the communities is one of the major club functions. Hence, we will make club activities open to seniors (55 years old or above) free of charge. People younger than 55 are also welcome to try club activities first and then pay either the club fee or the course fee if they decide to take a training course.

Time: every Thursday from 8:30pm to 9:15pm

### 4. Place

The above training courses and club activities will take place at the same place:

Mount Zion Lutheran Church, 29 Westmount Rd South, Waterloo

### 5. Sign up and contact

Fill out this form to sign up:

[https://docs.google.com/forms/d/e/1FAIpQLSd5yfB3g26yPkeF0IYs5tgDa5QZINPSQ-fWQgRtSuBZC53vg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd5yfB3g26yPkeF0IYs5tgDa5QZINPSQ-fWQgRtSuBZC53vg/viewform?usp=sf_link)

Feel free to email us if you have questions: [taichi.wcca@gmail.com](mailto:taichi.wcca@gmail.com)

### 6. FAQs

- 1) I have vacation plans and might miss some classes, will there be any make-up classes?  
We will review the missed classes and provide you with some make-up suggestions to follow/practice during the club activity time. Just report to the instructor in advance.
- 2) Do I need to prepare special Tai Chi clothing?  
There is no specific dressing code, but we recommend comfortable and breathable clothing and soft-soled shoes.
- 3) Can I take the course if I don't have any Tai Chi experience?  
The 24 form Tai Chi course is suitable for trainees with no experience. Trainees with some experience will also find this course helpful, particularly in terms of improving or even correcting their existing Tai Chi skills. The 56 form Tai Chi course is an advanced one suitable for trainees with more Tai Chi experience.
- 4) How intensive is the course?  
The 24 form Tai Chi is formulated primarily based on Yang-style Tai Chi with slow, steady and soft movements and is suitable for most trainees. The 56 form Tai Chi is formulated primarily based on Chen-style Tai Chi with moderately fast and intensive movements and is suitable for experienced trainees.