



Linda's T'ai Chi Weekly Handout January 23, 2022

T'AI

T- Take your time. There is no requirement to learn T'ai Chi quickly. Whatever your learning pace is, it is. The race is not always to the swift; quality over quantity. Many Adults want to learn fast and want to learn a posture every week. It is better to slow down and achieve quality in the posture versus the quantity of postures. Enjoy the process.

A=Ask questions and ask for help. Whatever you ask, everyone will benefit

I= Involve your body, mind and spirit. Achieve this by focusing on the present, watching your hands, breathing deeply, slowly and evenly. Release tension by opening your hands wide and lessening the death grip. Focus on energy, not tension

CHI

C= Competence and confidence is the goal. First, accept and appreciate feeling incompetent and uncertain. This is normal and healthy in any learning process. Children are comfortable with being incompetent as they learn new skills. Adults have trouble tolerating this feeling. But, to learn something new, whether it is a physical skill or a mental skill, we have to accept and be comfortable with feeling uncertain and incompetent. It is okay. Stay curious and open.

H=Hang in there. There will be moments when you feel you are not making progress or getting worse. This is a normal stage of the learning process. It is called the "plateau". We all come to a plateau. Hang in there. Avoid giving up. It will pass. When you come out the other side, and you will, you will be that much better.

I= Integrate Tai Chi into your daily life. Try and practice at home even if you are practicing incorrectly. It is easy to correct this in class. The more you practice the better you will be, the better you will feel and you will begin to gain the health and wellbeing benefits suggested in the research. Use Tai Chi de-stress breathing throughout the day. It really works!

Have fun, relax and enjoy the process.

Peace, *Linda*

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