

Tai Chi 18

My goal after 30 years of practice is to offer a practical method that focuses on the essential aspects of the Tai Chi, which yield the greatest benefits in the shortest possible time. I have studied and practiced many methods over the years, and continue to do my best to consolidate and disseminate the most effective practices from Tai Chi and other Internal Arts to benefit anyone no matter where they are on their path of cultivation.

Tai Chi 18 is a form that I have developed over teaching live classes for many years, combined with teaching over 1200 interactive online classes over the last 2 1/2 years.

Through my intensive online teaching in recent years, I've come to realize a few important elements that people often struggle with.

1. Limited space - Tai chi forms often require 20-30 feet of practice space, which most people don't have available to them.

2. Limited practice time - Life is busy, which can result in people dropping out of classes as they fall behind in learning the form sequence.

3. Attachment to Form - Experienced students often struggle with attachment to class format and form sequences that they've learned previously, which can be an impediment to progress. Although form practice plays an important role, practicing Tai Chi is about progressing through a continuum of physical, emotional, mental, and spiritual development. Refining, and deepening how the mind and body interact to create movement, rather than practicing a particular sequence of movements.

Misunderstanding these concepts can result in many years of practice with negligible progress, which is a shame. A common example I have seen in many students with 20,30 even 40 years of experience who may know several different forms, yet still struggle with basic one legged static balance. As one of the well known benefits of Tai Chi is improved balance, it would seem that something is

I've fallen prey to these misconceptions myself over the years, and hope to help others to learn from my mistakes. As a result, I'm offering the Tai Chi 18 classes to do my best to help people to move beyond these problems.

The same curriculum of 4-5 moves will be taught 4 times per week, completing our study of the Tai Chi 18 Form by the end of each month. The same format will be followed each month.

The complete form can be practiced in 4-6 minutes and requires 6-8 feet of floor space, depending on size of step.

New students are welcome to join at the beginning of each month as we start the form again. Experienced students can continue to build on the principles as they progress.

A copy of the form list for quick reference can be found [here](#).