

# Safety

- ❖ **Work with a health professional**
- ❖ **Listen to your body**
- ❖ **Work within your comfort zone**
- ❖ **Tell me about health conditions or limitations**

***Listen to your students***

# Exercise Safety

## ALWAYS

- Include warm-ups and cool-downs
- Listen to your body! Rest when needed
- Move well within your comfort range; stretch only to 70% of your normal range. Increase your range gradually

## AVOID

- Flexing or bending neck backwards
- Bending down with straight legs to touch toes
- Bouncing while doing a stretch
- Doing sit-ups with hands behind head
- Practicing when hungry, after a full meal or when upset
- Practicing in places that are too hot, too cold, or windy
- Pushing through movements that are painful or cause discomfort

# Effective teaching

- **Passion for Tai Chi**
- **Relationship with students**
- **Positive attitude**
- **Positive feedback**
- **Correction of mistakes**

# Why teach Tai Chi?

## Helping people

- improve health
- maintain independence
- develop patience and inner balance

## Enjoying teaching

## Becoming part of the Tai Chi family

# Organizing your class

- **Class preparation**
- **Class format**
- **Follow-through**

# **EIGHT FORMS**

- 1. (Opening form)  
Hold the Ball**
- 2. Part the Wild Horse's Mane**
- 3. Single Whip**
- 4. Wave Hands like Clouds**
- 5. Repulse Monkey**
- 6. Brush Knees**
- 7. Fair Lady Works at Shuttles**
- 8. Grasp the Peacock's Tail  
(Closing form)**

# Tai Chi Principles

**Do your movements slowly**

**Imagine you're moving against resistance**

**Be conscious of weight transfer**

**Maintain upright posture**

**Loosen your joints**

**Focus on your movements**

# Teaching Skills

- **Ability to accommodate different learning styles**
  - ❖ Visual
  - ❖ Auditory
  - ❖ Kinesthetic (tactile)
  - ❖ Active
  - ❖ Sequential
  - ❖ Global
- **Effective Communication**
- **Ability to facilitate enjoyment**
  - ❖ Listening to your students
  - ❖ Making yourself understood
  - ❖ Using emotional intelligence
  - ❖ Applying Tai Chi principles