



COURSE DESCRIPTIONS

Tai Chi Yukon is a Yang Family Tai Chi School of the International Yang Family Tai Chi Chuan Association. All classes in Yang Family Tai Chi Chuan follow the standards established by the association.

GENERAL INFORMATION

EVENING CLASSES

Registration and Fees: All Tai Chi Yukon members pay an annual membership fee of \$10.

Class fees are \$10 per hour. The number of hours can vary by course.

There is a discount for full-time students, seniors (65yrs.), and for people taking more than one course in a semester.

See the Class Schedules page for details on how to register.

GOLDEN AGE CENTRE

The Golden Age Centre welcomes people 55 years of age or older.

Tai Chi Yukon offers free instruction, but we do charge an annual membership fee of \$10.

The Golden Age Society charges participants a small fee for use of the facility. Golden Age Society membership is optional.

COURSE DESCRIPTIONS

[Click here](#) for lists of the movements for the various forms.

The traditional sequence of learning Yang Family Tai Chi Chuan is the traditional hand form, push hands, the traditional sword form and the sabre form.

Tai Chi Fundamentals

This course will introduce beginner students to tai chi principles and movements.

Traditional Hand Form

The traditional form is a sequence of 103 movements. It is the foundation for learning Yang Family Tai Chi Chuan. The traditional form develops the understanding of tai chi movement, energy and the unification of mind, body and spirit.

The form is taught in three sections of increasing length and complexity.

Section 1 – Section 1 is comprised of the first 16 movements. It is an excellent introduction to tai chi for beginners and can be practiced as a set of movements on its own.

Section 2A – Movements 17 to 36; for students who have completed Section 1

Section 2B – Movements 37 to 54; for students who have completed Sections 1 and 2A

Section 3A – Movements 55 to 80 for students who have completed Sections 1 and 2

Section 3B – Movements 81 to 103; for students who have completed Sections 1, 2, and 3A



COURSE DESCRIPTIONS

Tai Chi Kung – This 10-movement form was developed by Grandmaster Yang Jun as a short form for beginning students. It is skillfully crafted to challenge both the beginning and experienced student.

13 Movement Hand Form – This form was developed by Grandmaster Yang Zhenduo for use by beginners and senior citizens.

16 Movement Hand Form - This form was created to meet the need of China's college students for a form they could learn during a two-week inter-session. It is also suitable for beginners.

49 Movement Demonstration Form – This is the first short form created for demonstrations and competitions because of the time limitations of these events. Although many of the repeated movements in the traditional form are taken out, the foundation and flavour of the longer hand form are preserved. Pre-requisite: Traditional Hand Form

Essential Form - This 22-movement form was created by Master Yang Jun to be used for tournaments and public demonstrations. It has most of the movements of the Traditional Hand Form and captures the essence of Yang Family Tai Chi Chuan. Pre-requisite: Traditional Hand Form

Senior Form – This 26-movement hand form was created by Master Yang Jun in 2019 at the request of China's Wushu Sports Association for seniors to use for daily practice and for tournaments. Pre-requisite: A beginner hand form

Push Hands

Push Hands or *Tui Shou* is a two-person training method in tai chi chuan. It teaches the student to experience the martial aspects of tai chi chuan. Push hands allows students to learn how to respond to external stimuli using techniques from their forms practice. Push hands is a contract between partners to train in the defensive and offensive movement principles of their tai chi; learn to generate, coordinate, and deliver power to another; and to effectively neutralize incoming forces in a safe environment.

Sword Form – The sword is a double-edged weapon. Sword form is one of the two short weapon forms in the Yang Family Tai Chi Chuan curriculum. It is based on the traditional hand form and involves 67 movements. It combines the characteristics of the hand form with swordplay. The sword is a light weapon thus the movements in the form are light and agile. Sword form is performed with fluidity and grace and done at a moderately fast pace.

Sabre Form - The sabre is a single-edged weapon. Sabre form is also based on the traditional hand form. It is performed faster than the sword form and with more energy and vigor. It is composed of 13 movement sequences and combines power and softness with speed and slowness.



COURSE DESCRIPTIONS

OTHER COURSES

Qigong

Also known as chi kung, is an ancient Chinese system of coordinated postures, breathing techniques and meditations used for the purpose of health, spirituality, and martial arts. The exercises are gentle, relaxing with minimal physical exertion, and suitable for beginners.

Taiji Kung Fu Fan Form

Taiji Kungfu Fan Form is a dynamic form that incorporates a wide range of movements from traditional Chinese kung fu, tai chi chuan, various weapons forms and traditional Chinese dance. It can be performed dynamically and practiced as a martial weapon or it can be performed gracefully as a health exercise. Pre-requisite: A beginner hand form

Taiji Hockey Stick Form – This form is based on tai chi weapons forms such as taiji staff and spear. The purpose of this unique form is to bring Chinese and Canadian cultures closer together. Pre-requisite: A beginner hand form