

Tai Chi Foundation School of Tai Chi Chuan N.E. Summer Training FAQs

How does my day unfold at a TCF training?

We start our days with simple meditations and silent 'rounds' (practicing the tai chi form), followed by qigong and form explorations. After lunch, we have classes in form, push hands (sensing hands), and sword form (for more advanced students). In the late afternoons, Hawaiian swimming class is open to all. In the evenings, there are fun and relaxing gatherings (for example, lectures, films of Prof. Cheng Man-Ch'ing, poetry, music, plus a party the final evening). Of course, there will be time for relaxing at meals, enjoying the company of new and old friends, and exploring the charms of western Massachusetts. Classes and activities are optional, so that you may do as much or as little as you wish.

Will I have an opportunity to ask teachers questions during breaks and meals?

As we spend the week together, we welcome your questions, whether in class, during meals, or in conversation during the rest of the day!

How should I prepare for the training?

The best preparation is simple: do the tai chi that you know, each day, morning and evening.

What should I bring?

Bring a variety of layers of clothing, for cooler mornings/evenings and warmer mid-day sessions. Bring your tai chi shoes, and maybe a second pair for outdoor tai chi. If you're taking Hawaiian swimming, pack your swimming gear. After registration, you'll receive specific advice appropriate to the time and location of your training

How does team-teaching work?

Our school is known for our unique team-teaching method, which ensures that students always have a teacher up front to follow while a second teacher watches the class from various angles to see what needs attention. This method allows students to learn from a variety of teachers, and it makes our classes less about any single teacher's personality and more about the clarity of passing the art to the students.

Feel free to contact us with any questions you have! penny@taichifoundation.org