

# NEW COURSE TAICHI SWORD



## **SWORD TIMETABLE**

Breakdown of sessions for learning the 32 Posture Sword Form. First week - a series of short videos that introduces the Sword, the basic steps, arms positions and body rhythms to practice before beginning the separate postures.

The Sword Form is one of the most beautiful of the Tai Chi Forms - so enjoy it. Take each Posture slowly and in your own time. Work at only your own pace.



## **PRE-COURSE PREPARATION (7 days)**

1. SIGN-UP & WELCOME
2. SWORD COMPARISON VIDEO
3. SWORD STANCES VIDEO
4. SWORD CUTS AND HAND POSITIONS VIDEO
5. SWORD EXERCISES VIDEO

## **12 SECTION COURSE BEGINS**

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### SECTION 1:

1. Three Rings Around the Moon
2. Look Back
3. The Big Dipper
4. Month Video review and PDF

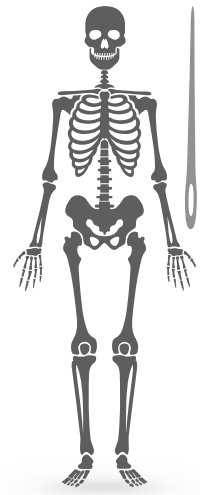


**SECTION 2:**

1. The Swallow Skims over the Pond
2. Block and Sweep to the Right
3. Block and Sweep to the Left
4. Month Video review and PDF

**SECTION 3:**

1. Searching the Sea
2. Embrace the Moon
3. The Bird Returns to the Tree at Dusk
4. Month Video review and PDF



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**SECTION 4:**

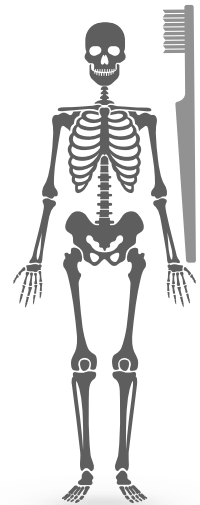
1. Dragon Whips His Tail
2. Turning Around and Carrying the Sword 1
3. Turning Around and Carrying the Sword 2
4. Month Video review and PDF

**SECTION 5:**

1. The Lion Shakes His Mane
2. The Tigress Holds Her Head
3. The Wild Horse Leaps Over the Creek
4. Month Video review and PDF

**SECTION 6:**

1. Cutting Upward in a Left Empty Stance
2. Scooping the Moon from the Bottom of the Sea
3. The Rhinoceros Gazes at the Moon
4. Month Video review and PDF



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**SECTION 7:**

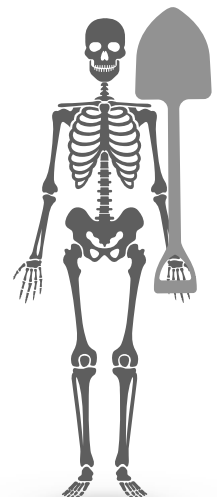
1. The White Ape Offers the Fruit
2. Parrying in a Left Bow Stance
3. Parrying in a Right Bow Stance
4. Month Video review and PDF

**SECTION 8:**

1. Parrying in a Left Bow Stance
2. Pushing the Boat with the Current
3. The Comet Chases the Moon
4. Month Video review and PDF

**SECTION 9:**

1. The Heavenly Horse Gallops Across the Sky
2. Lifting the Door Curtain
3. Recap Previous 2
4. Month Video review and PDF



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**SECTION 10:**

1. Left Wheeling Chop Into a Right Bow Stance
2. Left Wheeling Chop Into a Right Bow Stance
3. Right Wheeling Sword

#### 4. Month Video review and PDF

#### **SECTION 11:**

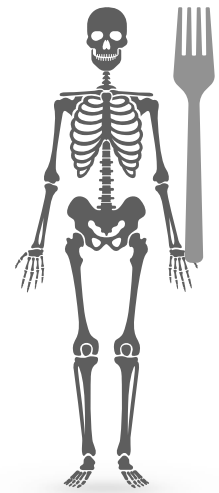
1. The Phoenix Spreads Its Wings
2. Bee Enters the Hive
3. Holding the Moon
4. Month Video review and PDF

#### **SECTION 12:**

1. Wind Sweeps the Plum Blossoms
2. The Compass Needle
3. Conclusion, Closing, Ending
4. Month Video review and PDF

#### **RECAPS:**

1. Recap 1
2. Recap 2
3. Recap 3
4. Recap 4



#### **FINAL POINTS**

Finally, although the postures are taught one by one, with each move broken down into its constituent parts, remember that the Form is not like this, it is fluid and continuous. So as you gain confidence in the moves and forms, worry less about the detail, and focus more on the sense of rhythm and balance, momentum and circularity of the moves.

Use the 4th session in each section to practice these ideas. Let go of detail. Play with the sense of fluidity to get an overall feel of how the sword is handled, and how in turn, it handles us.

The 4th session will also be an opportunity to think about aspects of the Sword - tradition, history, variations, exercises, stories and images. Think of it as a holiday from the detail, a moment to step back and look at the bigger picture.

#### **ON PRACTISING**

It's even better to practice with someone else. If you can find someone who wants to learn too, you'll find the experience even more rewarding. Fear not about making mistakes, we all do this, learn to embrace the errors for it is the way we best learn.

Tell people you are practising Sword, tell them what you are doing, share your resources and spread the word. Swords and not for hiding away. They are for display, exhibitions and for being bold in your movements and gestures.

This is not just about me trying to get more people to join up either (though that would be good :) - it's about sharing, exploring and developing the practice amongst ourselves.

Use Social media to share what you do. You'll find me on Instagram, Facebook and Pinterest - where I share my sword stuff. Join me there to share too.