

Class Etiquette

Tai chi is a discipline of the mind, body and spirit. We ask that each individual be conducive to this atmosphere by being considerate for other students who take their practice time seriously. Above all, this includes acting with respect toward others.

Help keep the practice area clean and quiet.

Before Class

- **Arrive early!** Entering the studio or practice area should be done quietly and without distracting students who may be practicing.
- When practicing inside, remove street shoes and wear clean exercise shoes.
- Do not bring food or drink into the practice area.
- Place personal items in orderly fashion in an appropriate place, out of the practice area.

During Class Time

- **15-minutes: Five Animal Frolics** for warm-up. Line-up according to seniority. Each can follow along with these exercises.
- **30-minutes: Yang Style Long Routine.** Line-up according to seniority so the newer students can drop out of the line-up without disturbing others. Participate by doing only those movements studied thus far, then separate from the group and practice on your own, reviewing the lessons from the previous class until the instructor directs otherwise.
- **45-minutes:** Practice time will be utilized according to the instructor's directions. Students will usually practice the newer movements from the Long Routine, reviewing or learning new movements. Some may practice on their own, while others may be practicing in pairs or groups.
- While students practice, the remaining 15 minutes is reserved for the instructor to work with one or more of the advanced students.
- Maintain quiet, except when discussions are initiated by the instructor.
- Please do not ask any questions! You may do so if the instructor asks you first.
- Do not interrupt other students with questions or gestures.
- Most of the time instruction will be done without speaking. Watch, repeat, practice.

- This is the time to exercise. It is not the time to theorize or socialize. **Practice! Practice!**

Proper Attire

Please remove any jewelry, including watches. Wear appropriate clothing, e.g., loose black pants, clean white-soled sneakers (black color marks the floor), and plain shirt. Clothing must be clean. Anyone serious about learning tai chi should have special clothing set aside just for practice.

Class Time

Do not be "on time"; be early for class. It is expected that each student will be present during the **entire** practice period. If you have good reason to be late or to leave early, please inform the instructor beforehand.

Make-up Classes

Check with the teacher for any classes missed. You can have a make-up class **only** for classes missed for good reason, e.g., concerts, being tired, etc., are not good reasons. Make-up classes can be taken only during the period paid

Payments

Please make payment the week before the month of instruction. Late payments are accepted!... but with a late fee of \$10 for each additional week.

NOTE

Classes are conducted in such a way as to allow each individual to make the best possible progress during the time spent in the studio and to reap the great number of benefits tai chi offers.

Lessons are individualized for each student, which means that each student should focus their practice on what is being taught to them. **Students are students:** it is requested that students do not try to teach what they are studying in class to others. As with any professional occupation, many years of tai chi study are necessary to gain proficiency. Anybody associated with this school who is teaching without proper certification will be dismissed from any future classes. Anyone wishing to eventually teach should realize that certification in this system may take a minimum of ten years of dedicated study.