



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

See our REFERENCES page for lists of the movements of the Yang Family Tai Chi forms.

Tai Chi Fundamentals

This course will introduce beginner students to tai chi history, tai chi theory and principles, and basic 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

Tai Chi Kung – This 10-movement form was developed by Master Yang Jun. It focuses on the training methods for Yang Family tai chi chuan. This short form provides basic movements to understand and develop the Five Directives (foot work, body shape, hand technique, eyes, and method). Beginning students enjoy the flowing balanced movements. More experienced students appreciate that all the movements have martial applications.

16 Movement Hand Form - This form was created by Grandmaster Yang Zhenduo at the request of the Chinese government to be used as a teaching tool for China's college students as well as for competition. It was first introduced to the west at the International Forum on Taijiquan 2006. It is suitable for beginners, especially seniors, as there are no kicks or squats.

49 Movement Demonstration Form – This short form, created by Grandmaster Yang Zhenduo, is for demonstrations and competitions. Although many of the repeated movements in the traditional form are omitted, the foundation and flavour of the longer hand form are preserved.

Prerequisite: Traditional Hand Form

In tribute to the late Grandmaster, Tai Chi Yukon members perform the 49 every year on his birthday.



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Essential Form - This 22-movement form was created by Master Yang Jun to be used for tournaments, performances, and demonstrations. It has most of the movements of the Traditional Hand Form and captures the essence of Yang Family Tai Chi Chuan. Prerequisite: 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 such as the Asia Pacific Masters Games. It is a dynamic form that includes standard Traditional Form movements and historical stances. It is suitable for both beginners and experienced practitioners.

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 practice allows students to learn how to respond to external stimuli using techniques from their forms. Push hands is a contract between partners to train in the defensive and offensive movement principles of their tai chi; to learn to generate, coordinate, and deliver power to another; and to effectively neutralize incoming forces in a safe environment. With push hands, students gain a hands-on experience of the theoretical implications of the solo form.

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.

OTHER COURSES

Qigong

Also known as chi kung, an ancient Chinese system of coordinated postures, breathing techniques and meditations aligning the body, breath and mind for health, meditation, and martial arts training. Qigong practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing and a calm, meditative state of mind. 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. Prerequisite: 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. Prerequisite: A beginner hand form