



Rossett School

Success for everyone

Rossett adult learning for pleasure courses to suit all tastes and interests

Course Information

Tel: 01423 563768 email: adultlearning@rossettschool.co.uk www.rossettschool.co.uk/adultlearning
Adult learning, Rossett community partnership, Green Lane, Harrogate, HG2 9JP

Tai Chi

This course aims to:

Give an introduction to all aspects of Tai Chi and will particularly look at improving posture, balance and relaxation.

Tai Chi developed as a martial art and is manifested as a continuous series of stylised martial arts movements. In the 21st century, though many people no longer practice it as a fighting art but as a form of exercise often called 'moving Qigong'. Qigong is a means of cultivating the natural energy of the body through a combination of movement, self-massage, meditation, and breathing.

It is for:

Anyone interested in gaining an insight into this fascinating aspect of Chinese culture and keen to improve their general well-being.

No matter who you are there is always room for improvement and Tai Chi comes in many forms and methods to suit all tastes and needs.

For the first session students will need:

Comfortable, loose-fitting clothes. Preferably thin soled shoes/trainers, etc.

Additional Costs: None

By the end of the course students should be able to:

Perform a complete Tai Chi form and a number of Qigong exercises

Course Programme

Week1

Introduction – what is Tai Chi. Gather peoples experiences. Basic Qigong exercises. First few moves of Tai Chi Form

Following weeks will build on this, based on the class's progression.

Tutor Profile

John Marsh has been practising Tai Chi and Qigong for 27 years and has visited, studied and graded in the Far East on six occasions. Whilst there he has trained and studied with some of the finest exponents of Chinese, Malaysian and Filipino Martial Arts. He is a Grade 'A' instructor with The Tai Chi Union for Great Britain and a Master instructor (4th Duan grade) with Malaysian martial arts Grand Masters' association (MAGMA) and Zhong Ding international martial arts association and is its representative for the North East UK region.