



# Tai Chi- find calm through movement

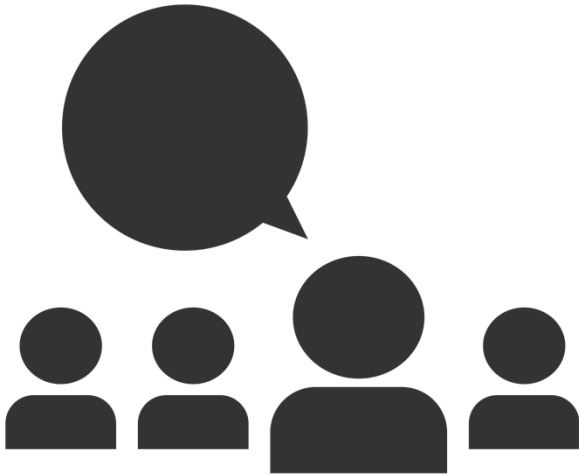
Health and Physical Activity Institute  
Bobby Lifka-James Madison University

2019

**NEVER IN THE HISTORY OF  
CALM DOWN HAS ANYONE  
CALMED DOWN BY BEING  
TOLD TO CALM DOWN**

# Introduction

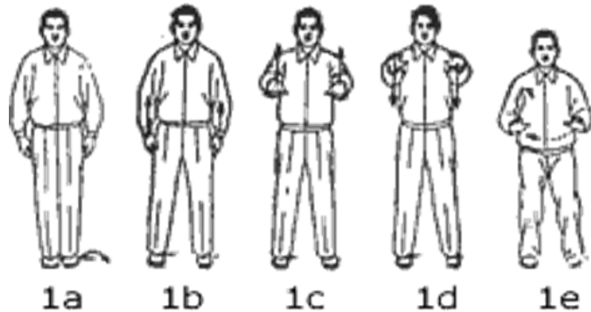
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- Intro
  - What is Tai Chi? Yang style 24 forms
  - Expectations-slow, evolving, fluid movements-you will just tip the iceberg today.
  - Benefits-grounding, calm, breathing, and transfer
  - Personal Practice-commitment to learn so you can actually teach it.
- Listen
- Feasibility-can this be done
  - Environment-this takes work
    - Full value contract
      - Be Nice
  - 100% challenge
    - Commit to 100% effort

## Forms we will learn today

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- Commencing
- Part the Horses Mane
- White Crane Spreads its Wings
- Brush Knee
- Strum the Lute



TAKE A  
DEEP  
BREATH  
THEN  
CONTINUE

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## Strategies to help kids learn

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- Have a berry
- What time is it?
- Repeats
- Stalling w/ breath
- Stacking
  
- In the beginning-you will need to couple this content piece with some other form of content in your curriculum I.E. Tai Chi/Fencing or Tai Chi and Fitness or Strength Conditioning. Why?



If you would like to learn more  
forms and talk more about  
implementation....

- Come to Early Bird sessions at the Arboretum.
- Tuesday July 16, 6:30-7:15
- Wednesday July 17, 6:30-7:15

# **BEING CALM...**

about everything allows your mind to find solutions. Calmness is also a state of trust. Instead of overthinking and overreacting, you just surrender for that moment and allow yourself to receive guidance for what doesn't make sense.

*Third Eye Thoughts*