

FAQ

1. *What age should I start practicing tai chi?*

Tai Chi is beneficial to everyone! We encourage adolescents 14+ to start their training, as younger children may not yet mature enough to understand the benefits of tai chi.

2. *Is tai chi good for self defense?*

Tai Chi is a martial art, and is an art form that has self defense movements within it. We teach tai chi for health benefits first, and self defense secondary.

3. *What do I do after I finish 108 Movements of Yang?*

There are several weapons and other advanced tai chi forms in the curriculum for those who want to further their training.

4. *I have just had surgery, can I practice tai chi*

Yes, we encourage to do some form of exercise after surgery, and tai chi is one of the best exercise program for this. (always ask for doctor advice and recommendation before starting any exercise program)

5. *I have back problems, and knee problems. Is this good for me?*

Make sure you let the instructor know of your situation. Tai chi is not a fix all exercise, but it will help strengthen your body and legs, which might help with the pain.

6. *I suffer from stress and anxiety, is this good for me?*

One of the many benefits of tai chi is to relieve stress as we do breathing exercises to help the nervous system.

TEST REQUIREMENTS

PART 1

- ☉ Know and understand the movements of Part 1
- ☉ Read Tai Chi World of Suzy Chan

PART 2

- ☉ Know and understand movements of Part 2
- ☉ Execute fluidity and balance

PART 3

- ☉ Know the names of the movements of part 3
- ☉ Execute fluidity, balance, and have a better understanding of the self defense application of the movements

Test Fees

Part 1 - \$15

Part 2 - \$20

Part 3 - \$50

Weapons Test - \$35

Upon completion of all three parts, you will be given a certificate of completion. This however, is really the beginning of your journey to a fuller understanding and gaining the benefits of tai chi by constantly training and improving daily.

ADVANCED TAI CHI

DO (Broadsword)	GIM (straight sword)
13 movement broadsword	
24 Movements	42 Movements
Chen Style	Stick
Fan	

WAH LUM TAI CHI PROGRAM (MEMBERS HANDBOOK)



WAH LUM TEMPLE
851 North Goldenrod Road
Orlando, Florida 32807
(407) 275-6177
www.wahlum.com

Class Schedule

Tuesday/Thursday 6:00pm

Saturday 9:00am

Private lessons available upon request.

Welcome to Wah Lum and thank you for taking the first step to improve your health. The benefits of Tai Chi exercises will improve your well-being both mentally and physically. The style you will be learning is the **108 movements** of the **Yang** style.

Benefits of Tai Chi

Tai chi is meditation in motion. We like to think of tai chi as medication in movements.

There will be 3 parts to the 108 movements of which each part, you will be 'checked' to make sure you are understanding the movements and gaining the benefits of tai chi. More benefits include:

- Overall Well Being
- Improves Physical Condition
- Flexibility
- Strength and Stamina
- Decrease Fatigue
- Coordination
- Self-awareness and Confidence
- Balance

Things to remember when practicing tai chi:

Waist line power	Shifting of weight
60/40 stances	Circular movements
Deep breathing	
Relax shoulders, relax body	

TRADITION

Here at Wah Lum we encourage learning the tradition and culture with tai chi training. Respect and tradition are important to us at Wah Lum. Bowing is a gesture of respect. Addressing your instructors by their proper titles is also a sign of respect. Listed below are some of the Chinese terms we use at the school.

Sigung = Gandmaster (Grandmaster Chan)

Simo = direct translation 'sifu's wife' (Simo Suzy – is technically SiPo as the grandmasters' wife, but prefers Simo)

Sifu = Instructor, teacher. Here at the temple certified instructors are Sifu's

Count to 10 in Chinese: yat, yee, samm, sei, umm, luk, chut, baat, gau, sap

Bisan = to light incense out of respect for previous masters

Gau Jung = end of class

What are the characters on the altar?

Middle: Foh Gee (Control)

Right side: Jeen Jo, Jeen See, Jeen Gaau Do (Respect Grand Master, Respect Sifu, Respect Teachings)

Left side: Hok Yan, Hok Yi, Hok Kung Fu (Learn Kindness, Learn Fellowship, Learn Hard Work)

Top: Wah Lum Pai (Wah Lum System)

Learning Etiquette: To maintain standard and quality, students must only practice movements that have been taught by a Wah Lum instructor. Following new movements is not permitted.

SCHOOL RULES AND REGULATIONS

1. All students must be in proper uniform to participate in class (WL issued: Tai Chi Jacket or T-shirt, pants, and shoes). There is no altering of uniforms permitted. You can purchase additional uniforms in the front office.
2. Arrive at least 5 minutes prior to classes.
3. Students must bow before entering and leaving the training area (as a sign of respect).
4. No profanity in the training area
5. Respect one another as family members. Treat all instructors (Sigung, Simo, Sifu's) with respect, and all classmates as your brothers and sisters.
6. Students are not permitted to instruct or teach other students.
7. No eating or drinking in the training area.
8. All personal belongings kept in the restrooms is at your own risk.
9. No leaning against the walls or mirrors
10. Students must purchase their own personal weapons. Do not use other students' weapons without permission
11. All weapons must be stored in a safe place or in the weapons rack.
12. Keep tuition up to date.
13. Please help keep the school clean.
14. Students may not take photos during class. Any videos, photographs, or images taken at the Wah Lum Temple are prohibited from being used on any public share sites, such as but not limited to, facebook, youtube, etc. While we are happy with your enthusiasm, these images are a part of the traditional Wah Lum system and we would like to keep the privacy of our style within the system. Grandmaster Chan has worked hard to keep the system traditional and to ensure that students are only learning from certified Sifus.