



UPPER OTTAWA VALLEY TAI CHI CLUB



Tai Chi Sword

This solo sword form is the mainframe of weapons practice for many Taiji practitioners worldwide and has been for decades. And while there are variations in counting the number of movements (32, 52, etc.), naming the individual moves, and in stylistic presentation, at the core is an elegant, beautiful and detailed study of the double-edged jian.

The material will be presented in an on going format, over multiple classes, the pace guided by the participants. While the sword form choreography is the vehicle for this series, the goal is better understanding of sword techniques.

We look forward to seeing you on the training floor!

Please Note: the 108 move form is a prerequisite for beginning weapons training