

# THE COMPLETE TAI CHI COURSE



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## HOW TO BECOME AN IMMORTAL WITH THE TEAPOTMONK

Take a look at this brief PDF on the contents of the Tai Chi Course. If you are new to Online-learning then rest assured, all you need is a desk-top computer/laptop, or even a tablet or smartphone to be able to watch and follow along with the sessions.



## What will I get from this Tai Chi Course?

- Simple but powerful **Tai Chi warm-up** and **preparation exercises.**
- **Alignment and Postural** skills to release muscle tightness and relieve joint pain.
- Timing, weight transference and balance skills to enable you to glide - like Kwai Chang Caine - over rice paper and the delicate fabric we know as life.
- **Breathing** techniques and special set of **Qi qong** exercises to super-boost your energy levels.

- **The Tai Chi Mini-Form:** A short sequence of Tai Chi moves to practice at home, work, in the park, library, Space-Shuttle or anywhere.
- **A knowledge of Tai Chi history** so that the moves you learn will have continuity and meaning.
- **A knowledge of Tai Chi Applications:** Literal, martial and practical. How to apply the lessons learned to the 21st Century and the stresses of daily life.

All taught in an inclusive, non-jargon, freshly-brewed 21st Century manner accompanied by 12 excellent tracks specially composed by Pearl Viper.

## Pearl Viper and the mOnk

[View in iTunes](#)

To preview a song, mouse over the title and click Play. Open iTunes to buy and download music.

### Top Albums



1. **Immortal – FP**  
[View in iTunes >](#)



2. **Ice Palace – FP**  
[View in iTunes >](#)



3. **Now – FP**  
[View in iTunes >](#)

[FIND OUT ABOUT THE FULL COURSE HERE](#)

# THE CURRICULUM

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The Complete Tai Chi Course consists of 12 workshops, each composed of 4 sections, plus an ebook instructional manual:

1. An introduction
2. Practical exercises
3. The Tai Chi Form
4. Contexts and a conclusion.
5. Ebook.

Each workshop is built around preparation exercises, a Tai Chi posture, a breathing (qi gong) exercise and a theme (Yin-Yang, Softness, Yielding, Longevity, Taoism, Going Slow, Play etc). These **themes** form the background ideas behind the moves and are presented as a small documentary video. This section you will see referred to as **Empty Your Cup** and it's that time to put your feet up with a cup of something warming and watch how we can assimilate these ideas into our lives through the moves we have learnt.

Most people try to work through one session a week so as not to rush through the course (or one complete workshop a month). But everything is up to you. If you want to move faster, then you can. Want to move slower? That's fine too. One of the great advantages to online learning is that you move at your own pace. There is no time limit, so take your time.

Take a look at the workshop content listed below. For some of you, not a lot will make much sense, but give it time. You can see previews of many of these workshops if you visit the **HOW TO BECOME AN IMMORTAL** school. Or take a look at the teapotmonk Youtube channel, there are a few examples of workshop content there.



**THE EBOOKS:** For reference, each workshop is accompanied by an instruction manual. That's 12 PDF/ebooks over the course to download and save. These are not necessary to do the course, but they may be of use at

some time to you. Jointly, the 12 volumes compose a complete library to consult - this will save you having to always look at a screen.

The first workshop in the series is called White Crane Spreads Wings, because not only is it an important posture that introduces us to some very basic movements in Tai Chi, but

the White Crane also represents the link between the world of mortals and immortals.

In each workshop there are new posters, music videos, sounds tracks and ideas for practice at home or out on the street.



# WORKSHOP 1

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## TAKE OFF: [WHITE CRANE SPREADS WINGS](#)

- Introduction to the course
- White Crane Workshop Details
- Advisory notes about the Tai Chi exercises
- **Structural Information:** The Importance of Posture and Alignment in the movement arts.
- **Preparation Exercises** to ease us into the posture and the breathing.
- The White Crane Instructional Moves broken down into easy steps.
- An Introduction to **Breathing** and special Breathing Exercises.
- **Extra Tips** and tricks for White Crane including sessions on Timing, Weight and Balance
- How to apply White Crane to the 21st Century
- Theme of the month: **When Yin met Yang**
- Radio Guru: A World of Dust

- Workshop recap
- Practice Guidelines for the month ahead.
- Extra Resources for the Immortal in a rush.
- Sneak Previews of the next workshop.

# WORKSHOP 2

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## GOING SLOW: BRUSH KNEE AND PUSH

- Preparation exercises: Wrists and Elbows
- How to do **Brush Knee and Push** the Tai Chi movement broken down into easy steps.
- What does the move mean? Brush Knee and Push: How can we brush away the dust from our lives
- Qi qong breathing session: Everything you wanted to ask about qi - exercises for the fingers, wrists and arms to help feel the movement of energy.
- Silk Reeling - an introduction.
- Feet Breathing.
- Why we don't go very fast in Tai Chi: The advantages of going SLOW - extra investigation.
- How to Banish **The Sad Toad in the Moon** (Who?)
- Introducing: Sifu Yin-Yang Eyebrow
- Recap, extras and what to practice (plus sneak preview of next month)



# WORKSHOP 3

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## PLAY: [PLAY GUITAR](#)

- Momentum and swing.
- Sinking and balancing.
- How to do **Play Guitar** the Tai Chi movement broken down into easy steps.
- The half step in Tai Chi.
- Play Guitar: The Importance of **Play** in learning and trying something new.
- Musical Special: How to utilise the 'Empty Space' between the postures to give them added meaning and how to play not study.
- Theme of the month: How to learn without 'memory'.
- Turning off your head and connecting with 'rhythm'.
- Qi qong breathing session: How to prepare yourself for the breathing exercises and how to sense the qi.
- Recap, extras and what to practice (plus sneak preview of next month)

# WORKSHOP 4

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## STICKING & LISTENING: STEP, DEFLECT AND PUNCH IN THE WILD WEST

- How to do **Step and Punch** the Tai Chi movement broken down into easy steps.
- More Tai Chi Stepping and walking moves - how to walk like a cat.
- Martial and literal applications as well as how to form a Tai Chi fist, and the benefits of parrying in life over blocking stuff.
- How to employ 'listening energy'
- How to 'stick' to someone or something, and why 'sticking' is one of the most powerful tools in Tai Chi.
- Qi qong breathing session: The Archer (Arrows at the ready!)
- Recap, extras and what to practice (plus sneak preview of next month)

# WORKSHOP 5

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## INVISIBILITY: [STEP BACK TO REPULSE THE MONKEY](#)

- Preparation exercises for the neck and the head.
- Footsteps: to step back and to slide back.
- How to do **Repulse the Monkey** the Tai Chi movement broken down into easy steps.
- Qi gong breathing session: Turning and looking back.
- Monkey Madness Month! How to stop the monkey chatter in the mind.
- How to step back, in order to to move forward.
- Inspirational monkeys we have known and loved with the Duke of Wu.
- Once the mind is settled, how to find stillness in movement and movement in stillness.
- IMMORTALITY BONUS: HOW TO BECOME INVISIBLE
- Recap, extras and what to practice (plus sneak preview of next month)

# WORKSHOP 6

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## TRAVEL: [DIAGONAL FLYING](#)

- Preparation exercises for lower back, hip-flexers and pelvis with several exercises for waist turning.
- Footwork - working on a special wide step.
- How to do **Diagonal Flying** the Tai Chi movement broken down into easy steps.
- Literal and martial applications.
- Qi qong breathing session: Help the butterfly get back to the moon (To meet the White Toad)
- Theme of the month: Travel, flying and the immortal taoists.
- Recap, extras and what to practice (plus sneak preview of next month)

# WORKSHOP 7

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## YIELDING & VULNERABILITY: [WAVING HANDS IN CLOUDS](#)

- Mobility and waist work in building rhythm
- Walk like a Crab
- Why waving is generally a good thing.
- Waving Hands in Clouds - one of Tai Chi's more beautiful moves.
- Going beyond the martial and literal explanation of the move.
- Qiqong breathing session on wind, moving in the wind and windmills.
- Theme of the month: How to yield and overcome the pressures of the 21st century.
- Recap, extras and what to practice (plus sneak preview of next month)

# WORKSHOP 8

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## BALANCE & ROOTING: THE GOLDEN ROOSTER STANDS ON ONE LEG

- How to do **Golden Rooster** the Tai Chi movement with instruction and preparation exercises on strengthening the legs.
- How to do the Golden Rooster
- Qi qong breathing session: Touch Sky Earth Twist
- Literal and Martial applications with guest appearance: Lighthouse Tai Chi School.
- How to Root: The essence of good Tai Chi
- How to find good Balance: Tracking down that elusive quality.
- Recap, extras and what to practice (plus sneak preview of next month)

# WORKSHOP 9

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## SPIRALS & WU WEI: [SINGLE WHIP](#)

- Preparation exercises of wrists, forearms and waist.
- Learning about the Hook Hand.
- How to do **Single Whip** the Tai Chi movement with instruction and preparation exercises.
- Single Whip (with chocolate sauce) meaning and applications
- Qiqong breathing session: Hold Up the Sky
- Literal and Martial application of the move.
- Theme of the month: Wu Wei, patience and Dragons Veins.
- Recap, extras and what to practice.
- Plus sneak preview of next month

# WORKSHOP 10

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## TRAVEL: [FOUR CORNERS OF THE EARTH](#)

- How to do **Four Corners** the Tai Chi movement: Looking at legs, arms and the first of the Four Corners moves.
- Qi qong breathing session: Hold the Door!
- Literal and martial meanings of the move.
- Flow, Stillness and Laughter: What they mean and how to find them in your practice
- Recap, extras and what to practice
- Plus sneak preview of next month.



# WORKSHOP 11

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## QI GONG: THE ESSENCE OF ENERGY

- How to put it all together in this special 'FLOW' workshop.
- All In the Mind - Attitude, approach and preparation are all important with Energy exercises.
- A Clash of Palms - Preparation for the exercises includes stimulating points in the hands and wrists.
- Chest - continuing the energy centre points, we work now on the centre of the chest
- Abdominal massage, kidney massage, head massage.
- Crane Breathing again
- Bend Arms
- All the Moves and a new exercise.
- Conclusion
- Report: Colours of Qi
- Taking Your Qi out onto the street.

# WORKSHOP 12

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## THE FORM: IMMORTALITY AND TAI CHI

- Concluding the whole of the 4 Postures moves.
- A breathing special: How should we be breathing in the Tai Chi Form?
- All about the Tai Chi mini-form.
- How to extend the Form, shorten the Form or play with it on the other side.
- The Classics:
  - What are they and why they are the essential reference guide for our Tai Chi.
  - 5 Classic authors and what they can tell us about our practice.
- A special 3-Part documentary on:
  - Immortality and Health
  - Immortality and The Tao
  - Immortality and Tai Chi
- Concluding the course:
  - Feedback survey
  - Advice as where next to go, and how to obtain your certificate of Immortality.

# ENOUGH TALK: TRY IT OUT

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Be aware, however, that this approach is not for everyone. Many people prefer the traditional approach of starched-uniforms, rigid hierarchies, serious frowns, musical incense-sticks, astral projection via wi-fi, full-lotus gurus and all that jazz : But, if you like something more down to earth, a fresher blend - a tastier brew of learning and laughter; if you like to enjoy rather than endure, then come and play a while.



I'll be there.

[FIND OUT ABOUT THE FULL COURSE HERE](#)

**How to Become an Immortal** is based on the irreverent approach found in Paul Read's [many books](#) on Tai Chi and Taoism, as well as [his podcasts](#) and the culmination of 20 years of teaching Tai Chi and language classes in both the Uk and Spain.

