Before You Book

Berkshire Tai Chi

Surprisingly, many people sign up for a class without really doing any background research whatsoever before parting with their money. As a result, they are often surprised by what they find and some realise, too late, it is not what they were expecting or looking for.

To help you make a more informed decision we have put together some brief notes to help dispel some of the more common misconceptions about Tai Chi which you may share.

We want you to make the right choice for you, and we hope that this will go some way towards supporting you in this.

A Tai Chi class is NOT an exercise class.

Tai Chi is a sophisticated self-defence system. Whilst it undoubtedly can strengthen the body and the general constitution, it was created as a martial art not an exercise programme. The founding family, in fact, made their living as professional bodyguards. Its primary focus is, therefore, not on health.

Tai Chi was NOT designed specifically for older people.

Young people tend to be professional fighters, not old ones, so Tai Chi is just as much for young people, if not more so. Whilst most people associate Tai Chi with slow, gentle movements, slowness is only one aspect of training - albeit a vitally important one.

Traditional Tai Chi training is NOT accessible to everyone irrespective of their fitness level.

Whilst certain aspects of Tai Chi can, of course, be adapted for special needs, traditional Tai Chi training requires a basic level of fitness - both in terms of strength, balance, and flexibility - from the outset. The basic routine includes scissor kicks, low sweeps, and leaps.

Tai Chi is NOT easy.

Tai Chi calls for good physical co-ordination, smooth movement, flexibility and strength. Add to this mental focus, and it becomes clear that it takes time and application to develop a reasonable level of skill. That calls for patience and perseverance on behalf of both teacher and student.

Finally…..

To progress, you will need to commit to attending regularly. Please ensure that this day and time are convenient for you going beyond the Taster, since if you do decide Tai Chi is for you, you will not be able to transfer to another class until you have more experience.