



# Online Eight-Form Tai Chi Sessions

Discover the calming power of Tai Chi - one breath, one movement at a time with experienced Qigong and Taichi trainer Yu Feixia

Running weekly online for 8 weeks  
8 Sept - 27 Oct 2025





**University of  
Central Lancashire  
UCLan**

## **Taichi & Qigong for Mental and Physical Wellbeing**

**A series of dynamic meditation classes that combine gentle stretches, flowy movements with deep abdominal breathing to relax the body, calm the mind and recharge your energy.**

Feixia Yu

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Where opportunity creates success

# The Eight-Form Taichi

- Origin and purpose: rooted in Yang style, further simplified from the 24-Form Simplified Taoichi, a **modern creation born from a mid-20th century public health movement** in China. Its genius lies in its distillation of a profound ancient art into a simple, effective, and universally accessible exercise routine.
- Names
  - 起勢 **Commencing Form**
  - 卷肱勢 **Reverse Reeling Forearm**
  - 搂膝拗步 **Brush Knee and Twist Step**
  - 野馬分鬃 **Part the Wild Horse's Mane**
  - 云手 **Cloud Hands**
  - 金雞獨立 **Golden Rooster Stands on One Leg**
  - 蹤腳 **Heel Kick**
  - 揽雀尾 **Grasp the Sparrow's Tail**, Including four smaller moves: 捋 Ward-off、捋 Roll-back、擠 Press、按 Push
  - 十字手 **Cross Hands**
  - 收勢 **Closing Form**
- My favourite YouTube demonstration of a couple mirroring the routine:

<https://www.youtube.com/watch?v=lH4JZ6aqCbA>

# Questions from Week 1

Thank you to Sebastian, Eddy, Emma and Serena for their questions and comments.

- On Breathing

This depends on your stages of training.

- For total beginners: **breath naturally**. This is because some masters believe too much focus on breathing for total beginners only stress out the learners, causing them to hold their breath etc. The belief is in time you will sync your breathing with your physical movements naturally. Other masters believe it is better to develop a good habit right from the beginning. It makes the training more effective and enjoyable, if you have spare capacity to do it, i.e. without straining your breathing. Remember, relaxation is the number 1 priority.
- As you progress, **Let Movement Guide Breath**  
起吸落呼 Inhale on rising, exhale on sinking; 、  
开吸合呼 Inhale on opening, exhale on closing; 、  
发力呼 Exhale on exerting force.
- As an advanced practitioner, **Let Breath Guide Movement**  
Watch seasoned martial artists or Daoist monks when they practice.
- The golden rules for breathing in Tai Chi as well as Qigong: 细 Fine, 长 Long, 深 Deep, 匀 Smooth/Even

# Questions from Week 1 - continued

On coordination between arms and legs

Q: What is the sequence of hand and leg movement? Hands first and then legs?

A: No, we would like to be moving them in a more harmonized manner. 三合 three external harmonies

肩与胯合 Shoulder and Hip move in unison – most important

肘与膝合 Elbow and Knee Harmonize

手与脚合 Hand and Foot Harmonize

This is so that we move as a single, coherent whole. By consciously practicing to align your shoulders with your hips, your elbows with your knees, and your hands with your feet, you stop moving as a collection of separate limbs and start moving as one integrated unit, which is the very foundation of Taijiquan's power and grace.

On the height of the stand

Q: I heard keeping a low stand is good as it make me stronger. How do I achieve it?

A: No need to keep a very low stand as a beginner. As your legs and core get stronger, you will be able to hold a lower stand without hurting your knees or compromising the integrity of your pose and movements.

Q: I found myself bobbing up and down a lot at the beginning. How do I stop that?

A: Relax the body, breath into Dantian; and feel your feet deeply rooted to the ground.

熟能生巧 Practice makes perfect.

# Questions from Week 1

General questions on links:

✓ To book classes: Eventbrite: <https://www.eventbrite.co.uk/e/weekly-eight-form-tai-chi-sessions-join-us-from-8th-september-to-27th-oct-tickets-1483760540719?aff=erelexpmlt>

✓ To request a recording: [online-ci@open.ac.uk](mailto:online-ci@open.ac.uk)

The recording is kept alive for a week if you need to catch up a missed a session or if you want to practice more.

You are encouraged to attend the live session. We have a stronger energy field when practicing together.

✓ To sign up for OU Chinese modules:

credit modules: <https://www.open.ac.uk/courses/modules/I108/>

short courses: <https://www.open.ac.uk/courses/short-courses/Ig002/>

free courses: <https://www.open.edu/openlearn/mod/oucontent/view.php?id=106436>

<https://www.open.edu/openlearn/languages/getting-started-chinese-business-culture-essentials/content-section-0?intro=1>

If you want to find out more of my other Qigong classes on Zoom, drop me a line at [yutaichi4you@gmail.com](mailto:yutaichi4you@gmail.com)

If you fancy joining me at a week-long qigong retreat in South France, here is more information:

<https://www.youtube.com/watch?v=UHvqcyawznY>