Taiji Level I
(5 classes) Tuition $10 (dates/times listed on website)
Taiji is a mind-body practice known for increasing flexibility, relaxation and overall health also known as tai chi or tai qi. Beginners welcome. You will learn fundamental Taiji movements: Ward-off, Roll Back, Press and Push in a Four Hands Form. Enrollment is open to ages 13 and up. Anyone under 18 must be accompanied by an adult (though the adult does not have to participate). All students must sign a waiver to participate in this course. No materials are needed for this class. Students should remember to wear loose, comfortable clothing and light, flat shoes.

I have attached the required waiver form.

Taiji Level II
(5 classes) Tuition $60 (dates/times listed on website)
This class is a continuation from Level I Taiji. You will learn Taiji breathing techniques with fundamental Taiji drills: Open-close, Rolling the Ball, Cloud Hands, and Four Hands associated with Taiji breathing. You will experience real Taiji movement. Completion of Taiji Level I is required. No materials are needed for this class. Students should wear loose, comfortable clothing and light, flat shoes.

Taiji Level III
(10 classes) Tuition $120 (dates/times listed on website)
This class is a continuation from Level II and requires completion of Taiji Levels I and II. You will practice Four Hands form and drills smoothly and naturally. Learn Basic Taiji form: Repulse Monkey, Brush Knee and Twist Step, Part Wild Horse's Mane, Cloud Hand, Golden Rooster Stands on One Leg, Kick and Grasp Bird's Tail with Taiji Breathing technique. No materials are needed for this class. Students should wear loose, comfortable clothing and light, flat shoes.

Taiji Level IV
(15 classes) Tuition $180 (dates/times listed on website)
In this session, students will learn Soft Wind form. Soft Wind form is synthesized through various Taiji styles. It is designed for people to practice Taiji at home or office with limited space. After this session, you will have a holistic Taiji experience. Enjoy Taiji from now on. Accomplishment of Taiji Level III is required.

Taiji Level V
(10 classes) Tuition $120 (dates/times listed on website)
In this session, students will learn Spring Wind form. Accomplishment of Taiji Level IV is required.

Four Hands Taiji Club
(6 months) Membership $100 (dates/times listed on website)
Members in Four Hands Taiji Club will master Small Step Form primarily. In addition, members will practice Push Hands, and learn Taiji Fan and other forms of Taiji. It is possible for a member to become a Four Hands Taiji Instructor Assistant after training. To join the Club, accomplishment of Taiji Level IV is required.

Check one: ☐ adult ☐ high school student ☐ junior high school student

Students under 18 years of age must be accompanied by an adult and both parties will need to sign waiver forms. If under 18 years old, age: __________ name of adult attending with you: ___________________

Dates of class you are registering for: (visit: international.uiowa.edu/confucius for class dates/times) __________________________

What is your primary goal in taking this course? ____________________________