IOWA CITY COURSES - open to individuals age 13 and up
1117 University Capitol Centre (UCC) • International Programs • 201 S Clinton St, University of Iowa, Iowa City, IA 52242

Taiji Level I  (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.

I have attached the required waiver form.

Taiji Level II  (5 classes) Tuition $60 (dates/times listed on website)
This is an introduction to Taiji. 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 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 A  (20 classes) Tuition $240 (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 IV B  (5 classes) Tuition $60 (dates/times listed on website)
In this session, students will learn Spring Wind form. Accomplishment of Taiji Level IV A 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.

All enrollment forms and fees are due one week before classes begin. Courses with low enrollment may be subject to cancellation. Refunds for full tuition are available during the first week of class, half tuition for the second week of class for students who must drop the class. No refunds are available after the second week of the class.

To enroll, send this enrollment form, a check or money order made out to the Confucius Institute, and the required waiver to:
The Confucius Institute • The University of Iowa International Programs
1120 University Capitol Centre, Iowa City, IA 52242-5500
Phone #: 319-335-0159 Fax #: 319-335-0280 Email: confucius@uiowa.edu

The University of Iowa International Programs • The Confucius Institute

This section is to be completed by Confucius Institute staff.

Date Enrollment form received: ____________________ Check #: ___________ Amount of Check: ___________
Receipt #: ____________________ Processed by CI staff member: ____________________