

# Tai Chi Etiquette and Training Guidelines



## Etiquette

- Please be punctual for lessons. If the *dojo* (training hall) is open and you arrive early, please help set up the room or use the time to warm up or practice your form.
- Students should bow upon entering and leaving the hall as a mark of respect; it is also appropriate to bow to the teacher as an acknowledgement or 'thank you' for teaching when he/she enters or leaves the dojo.
- During training, the instructor may be referred to by the Chinese word 'Laoshi', which means teacher.
- Please turn off your mobile phone and any audible alarms before the lesson starts. If you must remain available please leave your phone on 'vibrate' and leave the room discreetly to answer any calls.
- If you arrive late to a lesson please wait unobtrusively at the back until the teacher invites you to join the class.
- Avoid talking with other students during the class as you may distract them or miss what the teacher is saying.
- Do not attempt to correct or advise other students during a lesson; keep any such observations until the teacher divides the class into small groups and always allow others the same opportunity to comment.
- Please inform your teacher if you cannot attend a class, or if you plan to discontinue your study for any reason.

## Training Guidelines

- It is in your own interest to attend lessons with an open mind so that you can take full advantage of the learning experience: leave any 'mental baggage' at the door.
- Remain attentive throughout the class; if the material seems familiar, consider how you can improve on what you have already learned.
- Always keep focused on practicing a given task or exercise until the teacher instructs you to move on.
- Be aware of what the teacher and the other students are doing during practice, since you may pick up new points about your own timing, technique or positioning.
- Be ready to help others in their training when asked to do so by the teacher. This will help your development as well as that of the person you are assisting.
- The teacher will sometimes make hands-on corrections during a class, or use a student to help demonstrate a technique. Working in pairs may also be part of your training as it progresses. If you would prefer to train without any physical contact, or if you have an injury which might restrict your involvement in some activities, please let the instructor know in advance.
- Regular practice between lessons will consolidate your understanding of what you have learned. Consult with your teacher if you have any questions or problems regarding your training.
- Your approach, attitude and commitment to all aspects of training are important and will be noted by the instructor as you progress.
- If you are not prepared to follow the training as instructed for any reason, or if you disagree with what is being taught, you should wait until after the class to discuss it with the teacher.
- The study of Tai Chi Chuan progresses in a spiral, and the same material is encountered again and again at higher levels. Be aware, therefore, that the completion of a course or form does not signify an end to learning or a qualification to teach the art to others.