

**Classical Tai Chi  
FORUM 16  
July, 2007**

**Hello students! We hope your summer is fine and that your practice is going well. Master Hwa extends his best wishes to you all.**

**This is a *visual* Forum concentrating on bringing you additional learning tools by using youtube videos.**

**I urge you to look back on past Forums to see if any of your questions have been answered there. But also, send us your questions and experiences as they relate to Classical Tai Chi so that we might put them into future Forums.**

**Our student cohort is growing and spreading in many parts of the world and this is wonderful in that this insures that the practice of Classical tai chi will continue on.**

**For those of you who feel you are close to or ready for examination toward certification, please contact us. Teaching is very important for the future of Classical Tai Chi.**

**Enjoy the summer and we look forward to hearing from you.**

**Eva K.**

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**Master Hwa writes:**

This Forum concentrates on two aspects of Classical Tai Chi. The first is Tai Chi Walk and the second is about the practice routine and silk reeling exercises to train how to move the arm and the core as a **unit**.

Tai Chi Walk: In Form Instruction Lesson 1, tai chi walk is discussed comprehensively. However, I find certain aspects seem to give students the most problem, not just beginners but also students with several years of experience. Disregarding the risk of being redundant, I have attached this Youtube video here to emphasize these problem areas:

<http://www.youtube.com/watch?v=tu8ptvmm6hA>

How to move the arm and the core as a unit: This is a continuation of the discussion of the same subject in Forum 14 through Youtube video:

<http://www.youtube.com/watch?v=2Uo9lQ6azVA>.

**[www.classicaltaichi.com](http://www.classicaltaichi.com)**