

# I M P O R T A N T !

## Class Etiquette

Taijquan is a discipline of the mind, body and spirit. We ask that each individual be conducive to this atmosphere by being considerate for other students who take their practice time seriously. This included wearing the proper clothing and, above all, acting with respect toward others. Help keep our practice area clean and quiet.

## Before Class

- Arrival to the studio or practice area should be done quietly and without distracting students who may be practicing.
- Remove any jewelry, including watches.
- No chewing gum or smoking on premises.
- Remove street shoes and wear clean exercise shoes.
- Place personal items in orderly fashion in areas provided.

## During Class

- Before entering, bow once to the exercise area and fellow students, then line-up according to seniority for ten minutes of warm-up exercises. Bow once to the instructor to begin class.
- Following the warm-up exercises, each person will participate in the Yang Style set by doing those movements which he or she has learned thus far. Those who cannot continue with the group will practice on their own, reviewing until the instructor directs otherwise.
- Absolute quiet, unless a question is asked by the instructor.
- Please do not ask any questions!  
You may do so if the instructor asks you first.
- Do not interrupt other students with questions or gestures.
- Most of the time instruction is done without speaking. Watch, repeat, and practice.
- This is the time to exercise. It is not the time to theorize or socialize. Practice! Practice!
- At the end of class, bow once to the instructor before leaving the practice area. Proceed towards the exit, then turn to bow once to the exercise area and fellow students.

## Proper Attire

Clothing should be FRESHLY CLEANED and neat: loose pants, clean sneakers and shirt.

## Class Time

It is expected that each student will be present during the entire practice period. Arrive BEFORE class is scheduled to begin. If you have good reason to be late or to leave early, please inform the instructor.

## Make-up Classes

Check with the teacher for any classes missed. You can ONLY have make-up classes for classes missed for good reason, e.g, concerts, being tired, etc., are not good reasons.

## Payments

Please make payment the week before the two-month instruction period.

## VERY IMPORTANT NOTE

Classes are conducted in such a way as to allow each individual to make the best possible progress during the time spent in class. This also allows the student to reap the great number of benefits taijquan offers.

Lessons are individualized for each student, which means that each student should focus their practice on what is being taught to them. Students are STUDENTS: it is requested that students do not try to teach what they are studying in class to others. As with any professional occupation, many years of taiji study are necessary to gain proficiency. Anybody associated with this school who is teaching without proper certification will be dismissed from any future classes. Anyone wishing to eventually teach should realize that certification in this system may take a minimum of ten years of dedicated study.

There are reasons to conduct classes according to the above description. Many of these reasons are not apparent. If you do not have faith in this method of instruction, or trust in the instructor, you are advised to try another school.