



Welcome to your i-Chi course.

Hello,

This course will give you the basics of Tai Chi practice and enable you to find the enjoyment and skill in its practice.

Through engagement with the lessons, you will learn the principles that underlie the movements and learn to close the gap between simple understanding and the ability to put these moving principles into practice.

As you learn to embrace the challenges and joys of following the Tai Chi movements, it is our hope that you will find the enjoyment of 'meditation within movement' that makes Tai Chi one of the most widely practised art forms and health exercises in the world.

This document will give you links to the entire online i-Chi programme.

We hope that your journey with i-Chi is the start of your deeper understanding in a life-long art.

Please feel free to email me via [luke@openpalm.co.uk](mailto:luke@openpalm.co.uk) if you have questions or comments.

Kind regards,

*Luke*

Luke Shepherd  
i-Chi

**Important:** please do not share this course handbook, nor any of the links within it. Many thanks.

## What is i-Chi?

i-Chi is a direct and innovative way for you to self-study the ancient art of Tai Chi. The foundations and underlying principles of the art are made readily comprehensible via a thorough and pragmatic approach to teaching using videos of live workshops, Masterclasses and written text. The teaching has been systemized to work via video, without leaving out or watering down any of the crucial aspects of the training.

As far as possible we avoid all use of esoteric and Chinese terms that give Tai Chi an air of mystique or flights of the imagination. We want to offer a direct and thorough training system that you can easily comprehend, follow and enjoy.

## How To Use i-Chi

i-Chi has been carefully structured to give you the best possible start in learning Tai Chi and is comprised of four main levels:

- Level 1 - Workshops One to Three
- Level 2 - Workshops Four to Seven
- Level 3 - Workshops Eight to Eleven
- Level 4 - Workshops Twelve to Fifteen

Plus additional content:

- Tai Chi Inches
- Masterclasses
- Bonus Content

## Getting the most from i-Chi

1. We recommend that you start by watching Workshop One and follow this spending as much time as you need on it, rewinding and repeating where necessary.
2. When you feel ready and comfortable with the content of Workshop One go on to Workshop Two and likewise Workshop Three etc.

3. Once you have finished each level check out the relevant Masterclass and Inches video for that level - as this helps you to review (and add to) what you have learned.
4. Use the Bonus content at any time during your learning. Read the principles as this puts the learning in context and gives a valuable overview. This will help inspire you as you progress.
5. Go back through the Workshops regularly, to pick up more information and to refine your practice. We suggest you repeat each Level a few times and practice until you feel confident that you can practice without watching a video.
6. Have a look at the 37 Move Short Form video to see the whole pattern of movements as this will help you to remember the sequence of the 37 moves.
7. When you have completed Level 1 and feel confident with the sequence of the moves by yourself without the aid of the video then move onto Level 2. (We expect this could be anything from 1 month to 3 months if you practice 15 minutes every day). In this way, all 4 levels of i-Chi could take up to a year to complete. It is average for the complete 37 posture Short Form to be taught in 1 year if you were to attend a weekly class.
8. If you enjoy your practice you may even wish to eventually attend a live [workshop](#).

## Level One

[Workshop One](#)

[Workshop Two](#)

[Workshop Three](#)

[Level One Inches](#)

[Ten Minutes a Day Practice](#)

[Level One Masterclass](#)

## Level Two

[Workshop Four](#)

[Workshop Five](#)

[Workshop Six](#)

[Workshop Seven](#)

[Level Two Inches](#)

[Level Two Masterclass](#)

## Level Three

Warm Ups: [Invigorating Warm Up Routine](#)

Warm Ups: [Relax and Stretch Routine](#)

[Workshop Eight](#)

[Workshop Nine](#)

[Workshop Ten](#)

[Workshop Eleven](#)

[Level Three Inches](#)

[Level Three Masterclass](#)

## Level Four

Warm Ups: [Meditative](#)

[Workshop Twelve](#)

[Workshop Thirteen](#)

[Workshop Fourteen](#)

[Workshop Fifteen](#)

[Level Four Inches](#)

[Level Four Masterclass One](#)

[Level Four Masterclass Two](#)

[Level Four Masterclass Three](#)

## Bonus Content

Audio:

[Meditation One](#)

[Meditation Two](#)

[The Tai Chi Story](#)

[Learning A Tai Chi Form](#)

Luke Shepherd Live Workshop Excerpt - [Connection](#)

Tai Chi Music One - [Johnny Phillips](#)

Tai Chi Music Two - [The Barefoot Doctor](#)

Tai Chi Music Three - [Chris Vine and Luke Shepherd](#)

E-Books:

[Principles](#)

[Level One: Tai Chi Form Checklist](#)

[A History of Tai Chi](#)

Video:

37 Move Short Form: [The Whole Form](#)

Meet The Students: [Before](#)

Meet The Students: [After](#)