



# The Beauty of TAIJI 48

with Taiji Qigong, Taiji Standing Meditation, and the Muscle Change Classic  
A Twenty-Class Series | February 5–June 18, 2023

**Taijiquan** (Tai Chi Ch’uan) links physical training to spirituality. Practicing it offers relaxation, strength, balance, mobility, healing, and serenity.

**Taijiquan 48** is beautiful to watch and to perform. Its circular movements join in a continuous stream. The set is lively, intricate, and graceful. At the same time, it minimizes the repetitions of longer traditional sets.

This version was created in 1976 by the Chinese National Athletic Association. A few techniques from the Chen, Sun, and Wu styles were integrated into a predominantly Yang Style set. Martial applications were retained. The combination created an integrated practice of body, breath, and mind.

Practicing Taijiquan will help you:

1. Improve strength in your legs and back.
2. Build better balance and reduce your risk of falling.
3. Gain coordination, flexibility, and range of motion.
4. Help you relax and counter tension, anxiety, and stress.
5. Lower blood pressure and improve breathing.
6. Prolong longevity by increasing wellness and encouraging a positive outlook.
7. Show you how to become the embodiment of Taoist philosophy.

For centuries, Taijiquan has helped people lengthen their lives, attain tranquility, and live beautifully. Learn this special art and you can be one of those people too!

## Here’s what you’ll learn in this twenty-week series:

**Taijiquan 48, full set** This set teaches circular movements, cultivates qi and internal energy, imparts joint flexibility, trains mind-body unity, and more.

**Taiji Qigong** A simple and easy set that builds qi and prepares a person for Taiji itself.

**Taijiquan Standing Meditation** Standing meditation builds the internal energy to power Taiji. This series will show you *two different* styles of standing meditation. One shows how to accumulate energy. The other shows how to concentrate energy in the Lower Dantian and channel energy to your hands.

**Bodhidharma’s Muscle Change Classic** Twelve qigong postures for limberness, channels qi, and improves health.

**Please see the next page for a full curriculum and schedule.**

**Cost is \$360 until January 20, 2023; \$400 until February 5, 2023.**

Classes will be held at 10:50 AM–12:00 PM Pacific time. A Zoom invitation with password will be sent on the Friday prior to each weekend. Any reference materials will be attached to the invitations. A link to a video recording will be sent after each class. The videos remain available for at least a year after the conclusion of the series.

**Register at:**

<https://www.dengmingdao.com/product/the-beauty-of-taiji48/>

## What People Have Said About Previous Classes

In my past, I was a fighter. Unfortunately, I’ve become disabled. Movements—especially standing—are painful and difficult. I thought I’d never be able to participate in martial arts again. So it is with joy and appreciation that I can say Ming-Dao changed that for me. His classes follow a comfortable pace. They are filled with insight, explanation, and wisdom. And most surprising for me, he took the time and effort to address people’s limitations and include variations that allow someone like me to participate and gain from the experience. —Zack I.

I find out your series are truly helpful for me to improve my daily practice on qigong and Taijiquan. I felt steady growth by connecting to body mind spirit as a whole. —Julie S.

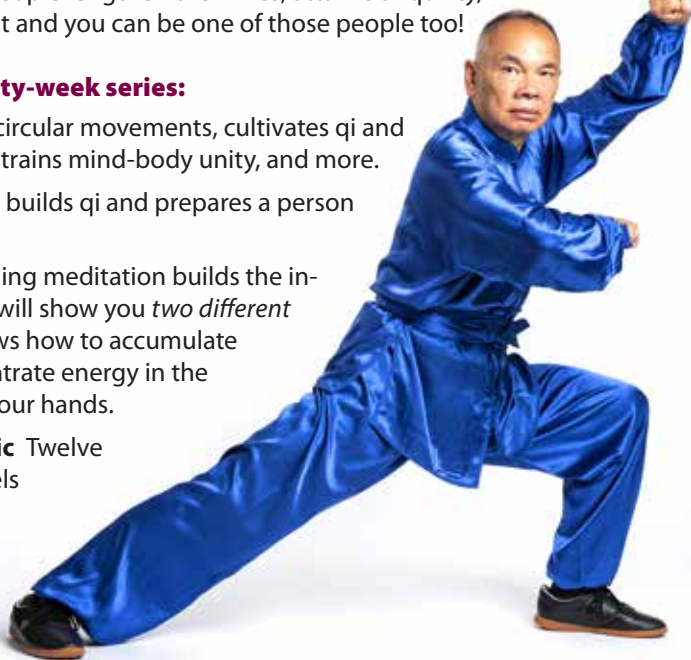
Due to timezone and circumstance (I’m in Australia) I wasn’t able to attend “live” but thoroughly enjoyed the course. I really feel my understanding and capacity to practice has improved and I benefited tremendously from the course. —Carey I.

**Deng Ming-Dao** is a writer, artist, and teacher. He is the author of numerous books on Taoism, including the best-selling *365 Tao* and *The Lunar Tao*.

Ming-Dao has trained in Chinese martial arts since 1975. His teachers have come from Beijing, Hong

Kong, Taiwan, and two Taoist mountains, Huashan and Wudangshan. He has been most involved with the internal systems of Xingyiquan, Baguazhang, and Taijiquan, and he has given many workshops in Chinese martial arts and Taoist wellness techniques.

[dengmingdao.com](http://dengmingdao.com)



## SCHEDULE AND CURRICULUM

### Class 1 February 5, 2023

Warm-ups  
Taiji Qigong and Standing Meditation 1

#### Taijiquan 48

##### FIRST SECTION

- Starting Form
1. White Crane Spreads Wings
  2. Brush Knee, Left Style
  3. Single Whip, Left Style

### Class 2 February 12, 2023

Warm-ups  
Taiji Qigong and Standing Meditation 1

#### Taijiquan 48

4. Hold the Lute, Left Style
5. Roll Back and Press Posture
6. Deflect, Parry and Punch, Left Style

### Class 3 February 19, 2023

Warm-ups  
Taiji Qigong and Standing Meditation 1

#### Taijiquan 48

7. Ward Off, Roll Back, Press and Push, Left Style

### Class 4 February 26, 2023

Warm-ups  
Taiji Qigong and Standing Meditation 1

#### Taijiquan 48

##### SECOND SECTION

8. Slant Body, Shoulder Stroke
9. Fist Under Elbow
10. Reverse Reeling Forearm

### Class 5 March 5, 2023

Warm-ups  
Taiji Qigong and Standing Meditation 1

#### Taijiquan 48

11. Turn Body and Thrust Palm

### Class 6 March 12, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

12. Hold the Lute, Right Style
13. Brush Knee and Punch Down

### Class 7 March 19, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

##### THIRD SECTION

14. White Snake Spits Poison
15. Slap Foot and Tame the Tiger, Left and Right Styles

### Class 8 March 26, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

16. Diagonal Back Fist, Left Style
17. Piercing Fist and Lower Body

### Class 9 April 2, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

18. Stand on One Leg and Push Palm Up
19. Single Whip, Right Style

### Class 10 April 9, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

##### FOURTH SECTION

20. Wave Hands Like Clouds, Right Style
21. Part Wild Horse's Mane, Left and Right

### Class 11 April 16, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

22. High Pat on Horse
23. Heel Kick, Right Style
24. Strike to Ears with Both Fists
25. Heel Kick, Left Style

### Class 12 April 23, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

26. Cover Hands and Strike with Fist
27. Needle at Sea Bottom
28. Flash Arm

### Class 13 April 30, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

##### FIFTH SECTION

29. Toe Kick, Right and Left Styles
30. Brush Knee, Left and Right
31. Step Forward, Grab and Punch

### Class 14 May 7, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

32. Apparent Close-up
33. Wave Hands Like Clouds, Left Style
34. Diagonal Back Fist, Right Style

### Class 15 May 14, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

35. Work at Shuttles, Left and Right
36. Step Back and Spear Palm

### Class 16 May 21, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

##### SIXTH SECTION

37. Empty Stance, Press Palm Down
38. Stand on One Leg and Lift Palm
39. Horse Stance, Shoulder Stroke

### Class 17 May 28, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

40. Turn Body, Large Roll Back
41. Scoop Palm and Lower Body
42. Step Forward Seven Stars
43. Stand on One Leg and Ride the Tiger

### Class 18 June 4, 2023

Warm-ups  
Taiji Qigong and Standing Meditation 1

#### Taijiquan 48

44. Turn Body and Sweep Lotus
45. Pull the Bow and Shoot the Tiger
46. Deflect, Parry, and Punch, Right Style

### Class 19 June 11, 2023

Warm-ups  
Standing Meditation 2  
The Muscle Change Classic

#### Taijiquan 48

47. Ward Off, Roll Back, Press and Push, Right Style
  48. Cross Hands
- Closing Form

### Class 20 June 18, 2023

Warm-ups  
Taiji Qigong and Standing Meditation 2

#### Taijiquan 48

Whole set review