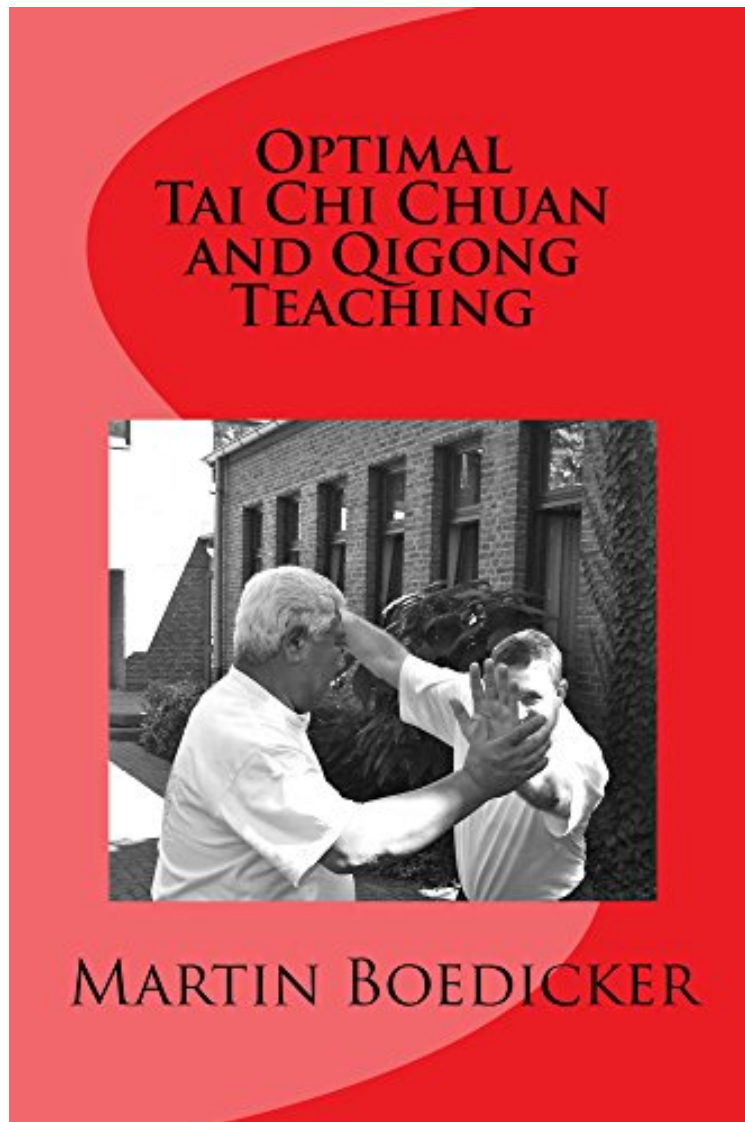


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## Optimal Tai Chi Chuan and Qigong Teaching (English Edition)

*Von Martin Boedicker*

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**Von Martin Boedicker : Optimal Tai Chi Chuan and Qigong Teaching (English Edition)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Optimal Tai Chi Chuan and Qigong Teaching (English Edition):

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 0 Kunden fanden die folgende Rezension hilfreich. great book Von Adam smith This book is a must for every tai chi or Qigong teacher. It could also be useful to other martial arts teachers, in fact I'm sure teachers of any subject would benefit. I have been teaching tai chi for 30 years and this book has made me reflect on how I am doing this, I'm sure it will inspire me to make changes for the better in my

teaching practice.

Kurzbeschreibung This book presents thoughts about the way of teaching Tai Chi Chuan and Qigong. The foundation for this is the modern western pedagogy. In short texts, the reader is introduced to its principles. Practical questions to each text relates to one's own teaching. The study of this book helps one to get a good overview of the pedagogy of Tai Chi Chuan and Qigong and provides an insight to its didactics. Through the implementation of the presented methods in the practice one can look forward to optimal Tai Chi Chuan and Qigong teaching. Content:- On Pedagogy- Well-Being- Perception- Community- Spirituality- Martial Arts- On Didactic- Defining Content and Goals- General Teaching Concepts- Planning the Chronological Order of the Lesson- The Premises of Learning- Inside or Outside- Specifications of Duration- Learning Modalities- The Appearance of the Teacher- Group Structure- Group Dynamics- Over- and Under-challenging- Disturbances of Teaching- Reflection- On Methodology- A First Methodological Decision- Social Forms of Teaching- General Teaching Methods- Methodological Measures- Memory rehearsal- Learning Aids- Questions

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