



# Teaching Tai Chi Effectively

*Dr. Paul Lam*

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## **Teaching Tai Chi Effectively** Dr. Paul Lam

Dr Paul Lam, Family Physician and Tai Chi Master combined his traditional tai chi training with scientific research to develop a unique teaching system that will help teachers become more effective and help students enjoy and improve their tai chi. Using real life examples to illustrate his ideas, Dr Lam analyses what makes an effective teacher, what to look for in a teacher and how to find a teacher for the individual learning styles. He describes the easy to learn teaching system, "" Stepwise Progressive Teaching Method"", t; That he has developed over the last 20 years, gives practical advice on how to format tai chi classes as well as how to teach tai chi safely. Many tai chi books have been written, but never has a Tai Chi Master written a book on how to teach Tai Chi; this is a first for the tai chi world and should be read by teacher and student alike !

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