

EVALUATING T'AI CHI CHIH MOVEMENTS

Name _____

Date _____

These ratings provide supportive feedback to increase awareness of movements. The purpose is to enhance the flow of chi.

Movement _____

PLUS Rating

FOOT POSITION

COMPLETE WT. SHIFT

SOFT KNEES

SYNCHRONICITY

BALANCE

POSTURE

TIMING / PACE

SOFT WRISTS

SOFT WAIST

MENTAL FOCUS

TRANSITIONS

MINUS Rating

FOOT POSITION

COMPLETE WT. SHIFT

SOFT KNEES

SYNCHRONICITY

BALANCE

POSTURE

TIMING / PACE

SOFT WRISTS

SOFT WAIST

MENTAL FOCUS

TRANSITIONS

Partner Evaluation/Teacher Evaluation _____

See back for comments

EVALUATING T'AI CHI CHIH MOVEMENTS

Name _____

Date _____

These ratings provide supportive feedback to increase awareness of movements. The purpose is to enhance the flow of chi.

Movement _____

PLUS Rating

FOOT POSITION

COMPLETE WT. SHIFT

SOFT KNEES

SYNCHRONICITY

BALANCE

POSTURE

TIMING / PACE

SOFT WRISTS

SOFT WAIST

MENTAL FOCUS

TRANSITIONS

MINUS Rating

FOOT POSITION

COMPLETE WT. SHIFT

SOFT KNEES

SYNCHRONICITY

BALANCE

POSTURE

TIMING / PACE

SOFT WRISTS

SOFT WAIST

MENTAL FOCUS

TRANSITIONS

Partner Evaluation/Teacher Evaluation _____

See back for comments