

## WRITE-UP ON JENNIFER FOR Mo8U

### Student Information

Name : Lu Thiam Seng  
Age : 58 years  
Exposure to Taiji : Nil  
Start Date of class : 17<sup>th</sup> July 2010  
Course Participation : Taiji for Arthritis (Completed)  
Taiji for Osteoporosis (Still in progress)

### Comments on Teaching Method

Jennifer has been my instructress for my Taiji courses since 17<sup>th</sup> July 2010. The class has completed the first course (Taiji for Arthritis) and is half way through the second course (Taiji for Osteoporosis). During this period of training, I have found Jennifer to be knowledgeable and systematic in her training methods and enthusiastic in the promotion of Taiji for health concepts. These observations are noted through the following points:

- (a) *Pace of training*: While the training program that has been designed teach the key taiji concepts, Jennifer has pace the lessons well so that the students are given sufficient hands-on practice and reinforcement of concepts learned. This pacing builds confidence in the learning process.
- (b) *Clarity of instructions*: The key concepts are clearly explained and demonstrated each step of the way. What is important is the need to explain the principles involved in each of the taiji movement and Jennifer made it a point to do that. Knowing the principles helps me understand the logic and rationale behind each movement and this goes a long way to get the movement done correctly.
- (c) *Management of 'class'*: The students for the class comes from varied background and with motivation for learning taiji. This affects their willingness in investing their time for their own individual practices. In turn this translates into their progress made in learning the taiji movement. As the instructress, Jennifer is mindful of the differences in progress made and is able to motivate the faster ones while helping the slower ones to catch up. This keeps the class together and sustains the interest of the students.
- (d) *Enthusiasm*: Jennifer is a great 'ambassador' for the Taiji for health movement. Her enthusiasm on the benefits that taiji brings is evident for all to see. This is reinforced by her action in encouraging students to engage in promoting taiji activities, etc.
- (e) *Good example*: As an instructress, she sets a good example – always punctual for the class, always willing to set aside additional time to clarify doubts or questions raised and sharing the finer points with the students.

### Outcomes

Over the past few months, Jennifer has enthused me to learning taiji. The clarity of her explanation and demonstration has helped me learn the various movements. As a result of her efforts, I have not only taken on the 2<sup>nd</sup> course but have also in mind to go on to the Taiji for Arthritis (Intermediate class). In learning and practising the taiji movements, I have reaped benefits in terms of my health as well.



Date: 23 November 2010

Lu Thiam Seng