

## TEACHING NOTES

SELECTED FROM THE PRIVATE LESSONS GIVEN BY H.H. LUI AT THE 13 REUNION

Edited by Bradford Bennett  
December 12, 1992 & June 2, 2023

1. The requirements & qualities for a good Tai Chi teacher are very challenging. If you think to qualify yourself to be a competent teacher is an easy job, you may not understand the heart of the game. Indeed, everybody has the right to learn to be a teacher, but not everybody can learn be a good teacher.
2. A good teacher must not only know well the Tai Chi movement, but must also have a deep understanding of the Tai Chi Classics and the philosophy of Tai Chi. This will help your teaching philosophy be consistent and your faith in Tai Chi firm.
3. A teacher's thoughts, words, deeds, and attitude are contagious. They affect the mood of the students. When first teaching you must be very careful of what you say and do, however after you have more experience everything becomes natural.
4. **Inspiration** and **perspiration** are the two wings of a Tai Chi bird. It needs two wings to fly, to change, and to grow. A teacher must know how to inspire his students to learn and the students must cooperate and work hard. Practice, Practice, Practice. One hand cannot clap.
5. *Preparation is no less important than the actual teaching.* As a teacher you should invest more time in preparation, practicing the movement you are going to teach the next day so that none of the essentials which should be explain are overlooked.
6. *No one is above the law.* Both students and teachers are subject to all the rules governing Tai Chi movements. There is no discrimination between teachers and students. This is both fair and just.
7. Set a good example and be a good *personal witness* of what you teach. When you say **N.P.N.B.** and **P.H.D.** you must mean business. When you say, "If you regard the Tai Chi class are your home, the class will treat you as a family member, and if you regard the Tai Chi class as a motel, the class will treat you as a customer." The difference is between ski and earth. You must take your word seriously. As a teacher, you should never eat your words, or you will lose your credibility and the respect of your students.
8. *Tai Chi is a growing art.* In order to prove this you must benefit and grow both with your Tai Chi and personally. Since your "asset" (background and experience) is richer than your students', logically you should enjoy better and faster growth than your students. This is most challenging to all teachers.
9. Before you take up the job as a teacher, you had better read more, observe more, learn and practice more, study more, and ask your teacher or some who has more experience and is at a

high level of Tai Chi, to review your movement and your understanding in order that you can offer something to the Tai Chi world, instead of demonstrating your ignorance to the world.

10. To end let me pose a question. *Is a good teacher made or born?* We would appreciate your answer during the 44th Reunion.

Experience tells all the Tai Chi practitioners that it is less important how many forms or sequences you know, but it is far more important how right you execute each single movement. It is not “quantity” that counts, it is the “quality” the really counts.