

Tai Chi Ball and Ruler Seminar

**Saturday, August 15th, 2026
2pm – 4pm**

The Tai Chi Ball and Ruler are practice tools used to improve Tai Chi skills, and condition and loosen the core. Discover how a lightweight piece of wood can strengthen your entire body, develop your push hands skills, and point out areas for improvement on your solo forms.

2:00pm - 2:25pm: General Warmup and Ruler Warmups

2:30pm – 3:30pm : Tai Chi Ball and Ruler drills

3:35pm – 4:00pm: Ball Diagnostics, Q&A

**A Tai Chi Ruler is required, a Tai Chi Ball is optional but recommended
Links to purchase and advice available at registration**

Location:

**Round 2 Tai Chi
17571 Imperial Valley Dr.
Houston, TX 77060**

Follow link to register:

<https://Round2TaiChi.com/FallBall26>