**“Learning About T’ai Chi”**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Pg. 195:**

1. **Identify – The article mentions reasons that t’ai chi was developed. List them here.**
2. **Interpret – Pause at line 18. Write down how people who practice t’ai chi feel after a workout. Based on what you have read so far, does this feeling sound like it should be an effect of practicing t’ai chi? Explain.**

**Pg. 196:**

1. **Text Structure – What information do you learn from the bulleted list in lines 26 – 31?**
2. **Summarize – Pause at line 42. Briefly summarize the recommendations in lines 37 – 42.**

**Pg. 197:**

1. **Text Structure – Look at the navigation bar at the top of this Web page. Explain how you know that you are on the section of the Web site called “Schedule?**
2. **Identify – On what days does the T’ai Chi Center offer classes?**

**Pg. 198:**

1. **Infer – Based on what you’ve read about Carlos, what will he fill in for the time and day he will be attending class? Explain.**
2. **Interpret – What is the last thing Carlos does to complete the application?**

**Pg. 199:**

**Information-Locator Wheel – The documents you just read contain a lot of information. Write the number of each item from the Information Bank in the area of the wheel that shows where each piece of information can be found.**

1. The names of certain t’ai chi postures
2. The way to receive e-mail updates about the T’ai Chi Center
3. Whether the T’ai Chi Center is open on the weekend
4. The availability of t’ai chi classes on Wednesdays
5. Information on the benefits of taking t’ai chi classes
6. A list of different styles of t’ai chi
7. Whether a t’ai chi course is available at 5:00 P.M. on Thursday nights
8. Whether providing an e-mail address is optional or required
9. Recommended wardrobe for t’ai chi classes
10. The date when t’ai chi began developing

**Schedule**

**Web Article**

**Application**

**Pg. 200**

**A: Reading Comprehension** Answer each question below.

1. What are two benefits of practicing t’ai chi listed on the Web page article?
2. What is said to happen when someone’s chi is blocked?
3. What does the article recommend one should wear while taking a t’ai chi class?
4. What does Carlos need to do if he chooses not to receive e-mail updates about the T’ai Chi Center?
5. How does someone filling out an application certify that he or she has given true information?