

Survey monkey – online classes during COVID

Have you been attending classes online?

Yes	75.00%
No	22.50%
Attending	17.50%
Running	50.00%

What platform (e.g. zoom, teams, FB live) and why

Predominantly zoom as low cost and easy to use.

Some sue of FB live and video download

Are the classes charge for?

Yes	62.50%
No	37.50%

What is your average number of people attending?

Groups seemed to vary between 5 to 30 but average response was 10

What is the feedback from those attending?

Response has been good with some even stating they intend to continue with zoom in addition to face-to-face classes in the future.

One specific comment was *“It is very positive. We have expanded from one chi gung session and one punching session to 5 evening sessions a week, covering chi gong , nei gung and punching. This has again expanded into showing connection between practice and application and further into in-depth analysis of form posture. And I have personally inherited a couple of day time classes. I also do zoom small group and 1 2 1 sessions. The evening sessions started out free but are now by donation and most people pay something. 121 and small groups are payed and becoming more popular”*

And another *“Fantastic, way more learning achievable than they thought”*

Do you teach Tai Chi and/or qigong?

majority stated by but predominantly qigong

what worked well for you / didn't work so well?

Common comments were *“students feel like they are having a private lesson, lack of distraction”*

Key was to ensure good internet connection, spacing, lighting and sound (microphone)

Some felt they struggled to run a good quality Tai Chi class live online

Giving time for discussion

What have you learned by teaching online?

How to better structure and explain my teaching in this different setting

Demonstrating from different angles

Once specific comment was *"I feel that it has made me a better teacher overall, and I have learned new ways of describing and communicating movement both physically and verbally."*

Taking things slowly and listening to comments with an open mind

The benefits of using a monitor as a mirror

Plan sessions rather than just wing it.

Setting up the environment and equipment, and testing before going live

What have you found that helps to keep people most engaged online?

Keeping things simple and varied

One specific comment was *"They like gentle music in the background it blocks out any household noises in their homes"*

Get payment in advance

Private 1-2-1 sessions worked best

A brief discussion before and after the main training session

Remember to communicate and engage with individuals in the group

Sessions 45 minutes to 1 hour max.

Other comments

I really liked this comment *"I've really enjoyed working in this way. We did a zoom moon festival with poetry chi gung and song. Without this current situation that would never have happened. Covid has pushed us fully into the digital age"*

Online added nicely to the park sessions I've been able to run. Some joined in from home

It's not for everybody (tech ability or prefer a training venue outside their home)

Pre-recorded videos may work better than live sessions

It could be helpful for TCUGB guidelines for quality and content, how to run online etc.

It has opened a whole new audience

What surprised me is students attend more sessions online than face-to-face so I'm planning to stick with it.