

Week 1

Winter Session

January 9th, 2025

Basics

1. Tai Chi Styles or Families
2. History of the Simplified 24 Tai Chi Form
3. The Meaning of the Yin and Yang

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Tapping/Circulation (Warm-Ups)
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - b. Gentle Squats (Horse Stance)
 - c. Rooster Training
 - d. Leg Lifts
 - e. Kick Training
 - f. Bow Stand and Tai Chi Walking
 - g. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Section One
 - i. Commence Form
 - Wuji
 - Stepping
 - Beginning (Rubbing the Ball)
 - ii. Parting Wild Horse's Mane
 - Tai Chi Walking

Qi Circle

- Closing – Sharing Qi

Week 2

Winter Session

January 16th, 2025

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Tapping/Circulation (Warm-Ups)
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - b. Gentle Squats (Horse Stance)
 - c. Rooster Training
 - d. Leg Lifts
 - e. Kick Training
 - f. Bow Stand and Tai Chi Walking
 - g. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Section One
 - i. Review – Commence Form
 - Wuji
 - Stepping
 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse's Mane
 - Tai Chi Walking

Qi Circle

- Closing – Sharing Qi

Week 3

Winter Session

January 23rd, 2025

Basics

1. Shifting Weight
2. Postural Alignment
3. Separation of Yin and Yang

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Tapping/Circulation (Warm-Ups)
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - b. Gentle Squats (Horse Stance)
 - c. Rooster Training
 - d. Leg Lifts
 - e. Kick Training
 - f. Bow Stand and Tai Chi Walking
 - g. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Section One
 - i. Review – Commence Form
 - Wuji
 - Stepping
 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse's Mane
 - Tai Chi Walking
 - iii. White Crane Spreads Its Wings

Qi Circle

- Closing – Sharing Qi

Week 4

Winter Session

January 30th, 2025

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Tapping/Circulation (Warm-Ups)
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - b. Gentle Squats (Horse Stance)
 - c. Rooster Training
 - d. Leg Lifts
 - e. Kick Training
 - f. Bow Stand and Tai Chi Walking
 - g. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Section One
 - i. Review – Commence Form
 - Wuji
 - Stepping
 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse's Mane
 - Tai Chi Walking
 - iii. Review – White Crane Spreads Its Wings

Qi Circle

- Closing – Sharing Qi

Week 5

Winter Session

February 6th, 2025

Basics

1. Walking on Ice

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Tapping/Circulation (Warm-Ups)
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - b. Gentle Squats (Horse Stance)
 - c. Rooster Training
 - d. Leg Lifts
 - e. Kick Training
 - f. Bow Stand and Tai Chi Walking
 - g. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Section One
 - i. Review – Commence Form
 - Wuji
 - Stepping
 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse's Mane
 - Tai Chi Walking
 - iii. Review – White Crane Spreads Its Wings
 - iv. Brush Knee and Press
 - Tai Chi Walking

Qi Circle

- Closing – Sharing Qi

Week 6

Winter Session

February 13th, 2025

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Tapping/Circulation (Warm-Ups)
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - b. Gentle Squats (Horse Stance)
 - c. Rooster Training
 - d. Leg Lifts
 - e. Kick Training
 - f. Bow Stand and Tai Chi Walking
 - g. Grasp the Sparrow’s Tail Training
4. Simplified 24 Tai Chi Form
 - a. Section One
 - i. Review – Commence Form
 - Wuji
 - Stepping
 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse’s Mane
 - Tai Chi Walking
 - iii. Review – White Crane Spreads Its Wings
 - iv. Review – Brush Knee and Press
 - Tai Chi Walking

Qi Circle

- Closing – Sharing Qi

Week 7

Winter Session

February 20th, 2025

Basics

1. Proper Stances

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Tapping/Circulation (Warm-Ups)
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - b. Gentle Squats (Horse Stance)
 - c. Rooster Training
 - d. Leg Lifts
 - e. Kick Training
 - f. Bow Stand and Tai Chi Walking
 - g. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Section One
 - i. Review – Commence Form
 - Wuji
 - Stepping
 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse's Mane
 - Tai Chi Walking
 - iii. Review – White Crane Spreads Its Wings
 - iv. Review – Brush Knee and Press
 - Tai Chi Walking
 - v. Play the Lute
 - Empty Stance

Qi Circle

- Closing – Sharing Qi

Week 8

Winter Session

February 27th, 2025

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Tapping/Circulation (Warm-Ups)
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - b. Gentle Squats (Horse Stance)
 - c. Rooster Training
 - d. Leg Lifts
 - e. Kick Training
 - f. Bow Stand and Tai Chi Walking
 - g. Grasp the Sparrow’s Tail Training
4. Simplified 24 Tai Chi Form
 - a. Section One
 - i. Review – Commence Form
 - Wuji
 - Stepping
 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse’s Mane
 - Tai Chi Walking
 - iii. Review – White Crane Spreads Its Wings
 - iv. Review – Brush Knee and Press
 - Tai Chi Walking
 - v. Review – Play the Lute
 - Empty Stance

Qi Circle

- Closing – Sharing Qi

Week 9

Winter Session

March 6th, 2025

Basics

1. Corrections and Adjustments

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Tapping/Circulation (Warm-Ups)
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - b. Gentle Squats (Horse Stance)
 - c. Rooster Training
 - d. Leg Lifts
 - e. Kick Training
 - f. Bow Stand and Tai Chi Walking
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4. Simplified 24 Tai Chi Form
 - a. Section One
 - i. Review – Commence Form
 - Wuji
 - Stepping
 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse's Mane
 - Tai Chi Walking
 - iii. Review – White Crane Spreads Its Wings
 - iv. Review – Brush Knee and Press
 - Tai Chi Walking
 - v. Review – Play the Lute
 - Empty Stance

Qi Circle

- Closing – Sharing Qi

Week 10

Winter Session

March 13th, 2025

Basics

1. Flow of Movements

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Tapping/Circulation (Warm-Ups)
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - b. Gentle Squats (Horse Stance)
 - c. Rooster Training
 - d. Leg Lifts
 - e. Kick Training
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4. Simplified 24 Tai Chi Form
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 - i. Review – Commence Form
 - Wuji
 - Stepping
 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse’s Mane
 - Tai Chi Walking
 - iii. Review – White Crane Spreads Its Wings
 - iv. Review – Brush Knee and Press
 - Tai Chi Walking
 - v. Review – Play the Lute
 - Empty Stance

Qi Circle

- Closing – Sharing Qi

Week 11

Winter Session

March 20th, 2025

Basics

1. Energy Cultivation

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Tapping/Circulation (Warm-Ups)
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - b. Gentle Squats (Horse Stance)
 - c. Rooster Training
 - d. Leg Lifts
 - e. Kick Training
 - f. Bow Stand and Tai Chi Walking
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 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse’s Mane
 - Tai Chi Walking
 - iii. Review – White Crane Spreads Its Wings
 - iv. Review – Brush Knee and Press
 - Tai Chi Walking
 - v. Review – Play the Lute
 - Empty Stance

Qi Circle

- Closing – Sharing Qi