

Week 1

Winter Session

January 9th, 2025

Basics

1. Zhang Sanfeng and the Origins of Tai Chi
2. Yang Style Founded by Yang Lu-ch'an (History)
3. Yang style: Slower, Larger, and More Expansive 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
 - 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. Coordination
2. Balance Training
3. Tension and Release

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. Energy Circulation

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. Applications

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

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
 - 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
 - b. Section Two
 - i. Repulse Monkey

Qi Circle

- Closing – Sharing Qi

Week 10

Winter Session

March 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
 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse's Mane
 - iii. Review – White Crane Spreads Its Wings
 - iv. Review – Brush Knee and Press
 - v. Review – Play the Lute
 - b. Section Two
 - i. Review – Repulse Monkey
 - ii. Grasp the Sparrow's Tail Left
 - Ward off Left/Roll Back/Press/Push
 - iii. Grasp the Sparrow's Tail Right
 - Ward off Right/Roll Back/Press/Push

Qi Circle

- Closing – Sharing Qi

Week 11

Winter Session

March 20th, 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
 - Beginning (Rubbing the Ball)
 - ii. Review – Parting Wild Horse’s Mane
 - iii. Review – White Crane Spreads Its Wings
 - iv. Review – Brush Knee and Press
 - v. Review – Play the Lute
 - b. Section Two
 - i. Review – Repulse Monkey
 - ii. Review – Grasp the Sparrow’s Tail Left
 - Ward off Left/Roll Back/Press/Push
 - iii. Review – Grasp the Sparrow’s Tail Right
 - Ward off Right/Roll Back/Press/Push
 - iv. Left Single Whip

Qi Circle

- Closing – Sharing Qi