

# Week 1

## Fall Session

### September 10<sup>th</sup>, 2024

#### Basics (Seated Introduction)

1. The History of Tai Chi Chuan
2. The Creation of The Tai Chi Fundamentals®
3. Founder Tricia Yu

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Section 1 (Adjustments and Corrections)
    - i. Review – Preparation
    - ii. Review – Beginning – Wuji
    - iii. Review – Ward Off Left (P'eng)
    - iv. Review – Press (Ji)
    - v. Review – Push (An)
    - vi. Review – Ward Off Right (P'eng)
    - vii. Review – Press (Ji)
    - viii. Review – Push (An)

#### Qi Circle

- Closing – Sharing Qi

# Week 2

## Fall Session

### September 17<sup>th</sup>, 2024

#### Basics

1. Tai Chi Training:
  - a. Yi (intent) leads to Qi (energy)
  - b. Qi leads to Li (force, power, strength)
  - c. Li leads to movement

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2 (Adjustments and Corrections)
    - i. Review – Repulse the Monkey, Hands
    - ii. Review – Repulse the Monkey, Stepping
    - iii. Review – Cloud Hands, Arms
    - iv. Review – Cloud Hands, Stepping

#### Qi Circle

- Closing – Sharing Qi

# Week 3

## Fall Session

### September 24<sup>th</sup>, 2024

#### Basics

1. Yiri lian yiri gong, yiri bu lian shiri kong
  - a. This is a very popular saying within Chinese martial arts. It means "One day's practice [gains] one day's merit. Skip one day's practice; ten days are lost."

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2 (Adjustments and Corrections)
    - i. Review – Repulse the Monkey, Hands
    - ii. Review – Repulse the Monkey, Stepping
    - iii. Review – Cloud Hands, Arms
    - iv. Review – Cloud Hands, Stepping
    - v. Review – Single Whip

#### Qi Circle

- Closing – Sharing Qi

# Week 4

## Fall Session

### October 1<sup>st</sup>, 2024

#### Basics

1. Ben Lo's Guidelines:
  - a. Relax
  - b. Keep Body Upright
  - c. Separate Yin and Yang
  - d. Move from Your Core
  - e. Keep Fair Lady's Wrist

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2
  - c. Review – Section 3
    - i. Review – Snake Slides Down
    - ii. Review – Golden Pheasant Stands on Left Leg
    - iii. Review – Golden Pheasant Stands on Right Leg

#### Qi Circle

- Closing – Sharing Qi

# Week 5

## Fall Session

### October 8<sup>th</sup>, 2024

#### Basics

1. Body Mechanics for Standing Movement:
  - a. Rooted in the Feet
  - b. Powered by the Legs
  - c. Guided by the Torso
  - d. Expressed Through the Hands and Fingers

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One, Part Two, Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2
  - c. Review – Section 3
    - i. Review – Snake Slides Down
    - ii. Review – Golden Pheasant Stands on Left Leg
    - iii. Review – Golden Pheasant Stands on Right Leg
    - iv. Review – Separate Arms and Kick Right
    - v. Review – Separate Arms and Kick Left

#### Qi Circle

- Closing – Sharing Qi

# Week 6

## Fall Session

### October 15<sup>th</sup>, 2024

#### Basics

1. The Heavy and The Light:
  - a. Heavy: Knees, Tailbone, Shoulders, Elbows
  - b. Light: Head, Eyes, Hands, Fingers

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One, Part Two, Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2
  - c. Review – Section 3
    - i. Review – Snake Slides Down
    - ii. Review – Golden Pheasant Stands on Left Leg
    - iii. Review – Golden Pheasant Stands on Right Leg
    - iv. Review – Separate Arms and Kick Right
    - v. Review – Separate Arms and Kick Left
    - vi. Review – Brush Knee and Twist Left – Repeat
    - vii. Review – Brush Knee and Twist Right - Repeat

#### Qi Circle

- Closing – Sharing Qi

# Week 7

## Fall Session

### October 22<sup>nd</sup>, 2024

#### Basics

1. The Three Treasures:
  - a. Lower Dantian (Jing)
  - b. Middle Dantian (Qi)
  - c. Upper Dantian (Shen)

#### Training

4. Qi Gong – Water Series (Warm-Ups)
5. Basic Moves
  - a. Review – Part One, Part Two, Part Three
6. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2
  - c. Review – Section 3
    - i. Review – Snake Slides Down
    - ii. Review – Golden Pheasant Stands on Left Leg
    - iii. Review – Golden Pheasant Stands on Right Leg
    - iv. Review – Separate Arms and Kick Right
    - v. Review – Separate Arms and Kick Left
    - vi. Review – Brush Knee and Twist Left – Repeat
    - vii. Review – Brush Knee and Twist Right - Repeat
    - viii. Review – Punch
    - ix. Review – Withdraw and Push
    - x. Cross Hands
    - xi. Closing

#### Qi Circle

- Closing – Sharing Qi