

# Week 1

## Winter Session

### January 4<sup>th</sup>, 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 11<sup>th</sup>, 2025

### NO CLASS

#### Home 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 18<sup>th</sup>, 2025

#### NO CLASS

#### Home 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 4

## Winter Session

### January 25<sup>th</sup>, 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
      - Empty Stance

#### Qi Circle

- Closing – Sharing Qi

# Week 5

## Winter Session

### February 1<sup>st</sup>, 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
      - Empty Stance

#### Qi Circle

- Closing – Sharing Qi

# Week 6

## Winter Session

### February 8<sup>th</sup>, 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 7

## Winter Session

### February 15<sup>th</sup>, 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
      - Empty Stance
    - iv. Review – Brush Knee and Press
      - Tai Chi Walking

#### Qi Circle

- Closing – Sharing Qi

# Week 8

## Winter Session

### February 22<sup>nd</sup>, 2025

#### Basics

1. 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
      - 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. Play the Lute
      - Empty Stance

#### Qi Circle

- Closing – Sharing Qi



# Week 9

## Winter Session

### March 1<sup>st</sup>, 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
      - Empty Stance

#### Qi Circle

- Closing – Sharing Qi

# Week 10

## Winter Session

### March 8<sup>th</sup>, 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 11

## Winter Session

### March 15<sup>th</sup>, 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
  - f. Bow Stand and Tai Chi Walking
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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 12

## Winter Session

### March 22<sup>nd</sup>, 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
  - 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