

# Week 1

## Fall Session

### September 12<sup>th</sup>, 2024

#### Basics

1. Tai Chi the Supreme Ultimate
2. QiGong – Cultivating Qi (Energy)
3. The History of Cheng Man-Ch'ing

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Grasping the Sparrow's Tail
    - i. Review – Ward Off Left (P'eng)
    - ii. Review – Ward Off Right (P'eng)
    - iii. Review – Roll Back (Lu)
    - iv. Review – Press (Ji)
    - v. Review – Push (An)

#### Qi Circle

- Closing – Sharing Qi

**Week 2**  
**Fall Session**  
**September 19<sup>th</sup>, 2024**  
**NO CLASS**

**Basics**

1. Principles
  - a. Where the mind goes, the Qi will follow
  - b. Where the energy flows, the body follows

**Home Training**

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Grasping the Sparrow's Tail (Adjustments and Corrections)
    - i. Review – Ward Off Left (P'eng)
    - ii. Review – Ward Off Right (P'eng)
    - iii. Review – Roll Back (Lu)
    - iv. Review – Press (Ji)
    - v. Review – Push (An)

**Qi Circle**

- Closing – Sharing Qi

# Week 3

## Fall Session

### September 26<sup>th</sup>, 2024

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
    - i. Advanced Bear Rooting
    - ii. Balancing Crane
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Ward Off Left (P'eng)
  - d. Review – Ward Off Right (P'eng)
  - e. Review – Roll Back (Lu)
  - f. Review – Press (Ji)
  - g. Review – Push (An)
  - h. Review – Single Whip

#### Qi Circle

- Closing – Sharing Qi

# Week 4

## Fall Session

### October 3<sup>rd</sup>, 2024

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Ward Off Left (P'eng)
  - d. Review – Ward Off Right (P'eng)
  - e. Review – Roll Back (Lu)
  - f. Review – Press (Ji)
  - g. Review – Push (An)
  - h. Review – Single Whip
  - i. Review – Lifting Hands
  - j. Review – Shoulder Strike (K'ao)

#### Qi Circle

- Closing – Sharing Qi

# Week 5

## Fall Session

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

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Ward Off Left (P'eng)
  - d. Review – Ward Off Right (P'eng)
  - e. Review – Roll Back (Lu)
  - f. Review – Press (Ji)
  - g. Review – Push (An)
  - h. Review – Single Whip
  - i. Review – Lifting Hands
  - j. Review – Shoulder Strike (K'ao)
  - k. Review – White Crane Spreads Its Wings

#### Qi Circle

- Closing – Sharing Qi

# Week 6

## Fall Session

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

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Ward Off Left (P'eng)
  - d. Review – Ward Off Right (P'eng)
  - e. Review – Roll Back (Lu)
  - f. Review – Press (Ji)
  - g. Review – Push (An)
  - h. Review – Single Whip
  - i. Review – Lifting Hands
  - j. Review – Shoulder Strike (K'ao)
  - k. Review – White Crane Spreads Its Wings
  - l. Review – Brush Left Knee and Twist Step
  - m. Review – Playing the Guitar (Pipa)
  - n. Review – Brush Left Knee and Twist Step

#### Qi Circle

- Closing – Sharing Qi

# Week 7

## Fall Session

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

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Ward Off Left (P'eng)
  - d. Review – Ward Off Right (P'eng)
  - e. Review – Roll Back (Lu)
  - f. Review – Press (Ji)
  - g. Review – Push (An)
  - h. Review – Single Whip
  - i. Review – Lifting Hands
  - j. Review – Shoulder Strike (K'ao)
  - k. Review – White Crane Spreads Its Wings
  - l. Review – Brush Left Knee and Twist Step
  - m. Review – Playing the Guitar (Pipa)
  - n. Review – Brush Left Knee and Twist Step
  - o. Review – Deflect Downward, Parry, and Punch
  - p. Review – Withdraw and Push
  - q. Review – Crossing Hands

#### Qi Circle

- Closing – Sharing Qi