

Week 1

Fall Session

September 7th, 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 14th, 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 21st, 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

September 28th, 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 5th, 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 12th, 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 19th, 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