

Week 1

Winter Session

January 7th, 2025

Basics (Seated Introduction)

1. Tai Chi – The Supreme Ultimate
2. The Creation of the Tai Chi Fundamentals®
3. The Life of Tricia Yu

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One
 - i. Tai Chi Stance
 - ii. Tai Chi Walking
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

Winter Session

January 14th, 2025

Basics

1. Yiri Lia Yiri Gong
 - a. One day's practice, one day's merit
2. Yiri Bu Lian Shiri Kong
 - a. Skip on 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
 - i. Tai Chi Fold (Kwa)
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)
 - b. Section 2
 - i. Review – Repulse the Monkey, Hands
 - ii. Review – Repulse the Monkey, Stepping

Qi Circle

- Closing – Sharing Qi

Week 3

Winter Session

January 21st, 2025

Basics

1. The Three Treasures:
 - a. Lower Dantian
 - i. Jing – Body Essence
 - b. Middle Dantian
 - i. Qi – Life Force Energy
 - c. Upper Dantian
 - i. Shen – Spiritual Doorway

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - i. Tai Chi Fold (Kwa)
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 4

Winter Session

January 28th, 2025

Basics

1. Tai Chi Flow
 - 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
 - i. Tai Chi Fold (Kwa)
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 5

Winter Session

February 4th, 2025

Basics

1. Martial Arts Motto:
 - a. What the mind can perceive...
 - b. The heart can believe...
 - c. The body can achieve.

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - i. Tai Chi Fold (Kwa)
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 6

Winter Session

February 11th, 2025

Basics

1. Tai Chi Guidelines (1):
 - a. Mindfulness
 - b. Postural Alignment
 - c. Breath Awareness
 - d. Active Relaxation

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

Qi Circle

- Closing – Sharing Qi

Week 7

Winter Session

February 18th, 2025

Basics

1. Tai Chi Guidelines (2):
 - a. Slow Movement
 - b. Weight Separation
 - c. Integrated Core Movement

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - c. Review – Part Three
 - i. High Step
 - ii. Flying Crane
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 8

Winter Session

February 25th, 2025

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
 - b. Review – Part Two
 - c. Review – Part Three
 - i. Toe Kick
 - ii. Dancing Crane
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 9

Winter Session

March 4th, 2025

Basics

1. Ben Lo's Tai Chi 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
 - iv. Review – Separate Arms and Kick Right
 - v. Review – Separate Arms and Kick Left

Qi Circle

- Closing – Sharing Qi

Week 10

Winter Session

March 11th, 2025

Basics

1. Where the Mind Goes...
 - a. The Qi will Follow
2. Where the Energy Flows...
 - a. The body Follows

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
 - 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 11

Winter Session

March 18th, 2025

Basics

1. One Who Practices Tai Chi becomes:
 - a. Strong as an Oak
 - b. Flexible as a Willow
 - c. Clear as Still Water

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
 - viii. Review – Punch
 - ix. Review – Withdraw and Push
 - x. Cross Hands
 - xi. Closing

Qi Circle

- Closing – Sharing Qi