

Week 1

Fall Session

September 1st, 2026

Basics (Seated Introduction)

1. What is Tai Chi?
2. Who is Dr. Paul Lam?
3. Tai Chi 5 Styles (Sun)

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. **Commencement**
 - ii. **Open and Close**
 - iii. **Single Whip (right)**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2

Fall Session

September 8th, 2026

Basics

1. Tai Chi Basics
 - a. Respectful Salute
 - b. Holding the Ball
 - c. Tai Chi Stance and Walking

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Wave Hands (right)**
 - v. Open and Close**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

Fall Session

September 15th, 2026

Basics

1. Tai Chi Basics
 - a. Postural Alignment
 - b. Shifting Weight
 - c. Balance

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 4

Fall Session

September 22nd, 2026

Basics

1. Tai Chi Basics
 - a. Tai Chi Fist
 - b. Tai Chi Hands
 - c. Soft joints

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. **Single Whip (left)**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

Fall Session

September 29th, 2026

Basics

1. Tai Chi Basics
 - a. Mindfulness
 - b. Awareness
 - c. Moving Meditation

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 6

Fall Session

October 6th, 2026

Basics

1. Tai Chi Basics
 - a. Mindfulness
 - b. Awareness
 - c. Moving Meditation

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Wave Hands (left)**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 7

Fall Session

October 13th, 2026

Basics

1. Tai Chi Basics
 - a. Mindfulness
 - b. Awareness
 - c. Moving Meditation

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Open and Close**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 8

Fall Session

October 20th, 2026

Basics

1. Tai Chi Basics
 - a. Mindfulness
 - b. Awareness
 - c. Moving Meditation

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - ix. **Closing**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi