Week 1
New Fall Session
October 29th, 2026

Basics

1. Martial Arts Motto
    a. What the mind can perceive, the heart can believe, the body can achieve
    b. 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. Gentle Stretching Movements
3. Introductory Movements and Strength Training
4. Simplified 24 Tai Chi Form
    a. Section One (Corrections and Adjustments)
        i. Review – Commence Form
        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
    b. Section Two (Corrections and Adjustments)
        i. Review – Repulse Monkey
        ii. Review – Grasp the Sparrow's Tail Left
        iii. Review – Grasp the Sparrow's Tail Right
        iv. Review – Left Single Whip
        v. Review – High Pat on Horse

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

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Week 2
New Fall Session
November 5th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
4. Simplified 24 Tai Chi Form
    a. Section One (Corrections and Adjustments)
        i. Review – Commence Form
        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
    b. Section Two (Corrections and Adjustments)
        i. Review – Repulse Monkey
        ii. Review – Grasp the Sparrow's Tail Left
        iii. Review – Grasp the Sparrow's Tail Right
        iv. Review – Left Single Whip
    c. Section Three (Corrections and Adjustments)
        i. Review – Wave Hands Like Clouds (3)
        ii. Review – Left Single Whip
        iii. Review – High Pat on Horse
        iv. Review – Right Heel Kick

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

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Week 3
New Fall Session
November 12th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
4. Simplified 24 Tai Chi Form
    a. Section One (Corrections and Adjustments)
        i. Review – Commence Form
        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
    b. Section Two (Corrections and Adjustments)
        i. Review – Repulse Monkey
        ii. Review – Grasp the Sparrow's Tail Left
        iii. Review – Grasp the Sparrow's Tail Right
        iv. Review – Left Single Whip
    c. Section Three (Corrections and Adjustments)
        i. Review – Wave Hands Like Clouds (3)
        ii. Review – Left Single Whip
        iii. Review – High Pat on Horse
        iv. Review – Right Heel Kick (Transition to Read the Book)

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

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Week 4
New Fall Session
November 19th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
4. Simplified 24 Tai Chi Form
    a. Section One (Corrections and Adjustments)
        i. Review – Commence Form
        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
    b. Section Two (Corrections and Adjustments)
        i. Review – Repulse Monkey
        ii. Review – Grasp the Sparrow's Tail Left
        iii. Review – Grasp the Sparrow's Tail Right
        iv. Review – Left Single Whip
    c. Section Three (Corrections and Adjustments)
        i. Review – Wave Hands Like Clouds (3)
        ii. Review – Left Single Whip
        iii. Review – High Pat on Horse
        iv. Review – Right Heel Kick
        v. Review – Strike to the Ears with Both Fists
        vi. Review – Left Heel Kick

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

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Week 5
New Fall Session
November 26th, 2026
NO CLASS

Home Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
4. Simplified 24 Tai Chi Form
    a. Section One (Corrections and Adjustments)
        i. Review – Commence Form
        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
    b. Section Two (Corrections and Adjustments)
        i. Review – Repulse Monkey
        ii. Review – Grasp the Sparrow's Tail Left
        iii. Review – Grasp the Sparrow's Tail Right
        iv. Review – Left Single Whip
    c. Section Three (Corrections and Adjustments)
        i. Review – Wave Hands Like Clouds (3)
        ii. Review – Left Single Whip
        iii. Review – High Pat on Horse
        iv. Review – Right Heel Kick (Transition to Read the Book)
        v. Review – Strike to the Ears with Both Fists
        vi. Review – Left Heel Kick

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

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Week 6
New Fall Session
December 3rd, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
4. Simplified 24 Tai Chi Form
    a. Section One (Corrections and Adjustments)
        i. Review – Commence Form
        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
    b. Section Two (Corrections and Adjustments)
        i. Review – Repulse Monkey
        ii. Review – Grasp the Sparrow's Tail Left
        iii. Review – Grasp the Sparrow's Tail Right
        iv. Review – Left Single Whip
    c. Section Three (Corrections and Adjustments)
        i. Review – Wave Hands Like Clouds (3)
        ii. Review – Left Single Whip
        iii. Review – High Pat on Horse
        iv. Review – Right Heel Kick (Transition to Read the Book)
        v. Review – Strike to the Ears with Both Fists
        vi. Review – Left Heel Kick
    d. Section Four
        i. Snake Creeps Down

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

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Week 7
New Fall Session
December 10th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
4. Simplified 24 Tai Chi Form
    a. Section One (Corrections and Adjustments)
        i. Review – Commence Form
        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
    b. Section Two (Corrections and Adjustments)
        i. Review – Repulse Monkey
        ii. Review – Grasp the Sparrow's Tail Left
        iii. Review – Grasp the Sparrow's Tail Right
        iv. Review – Left Single Whip
    c. Section Three (Corrections and Adjustments)
        i. Review – Wave Hands Like Clouds (3)
        ii. Review – Left Single Whip
        iii. Review – High Pat on Horse
        iv. Review – Right Heel Kick (Transition to Read the Book)
        v. Review – Strike to the Ears with Both Fists
        vi. Review – Left Heel Kick
    d. Section Four
        i. Review – Snake Creeps Down
        ii. Golden Rooster Standing on Left Leg

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

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Week 8
New Fall Session
December 17th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
4. Simplified 24 Tai Chi Form
    a. Section One (Corrections and Adjustments)
        i. Review – Commence Form
        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
    b. Section Two (Corrections and Adjustments)
        i. Review – Repulse Monkey
        ii. Review – Grasp the Sparrow's Tail Left
        iii. Review – Grasp the Sparrow's Tail Right
        iv. Review – Left Single Whip
    c. Section Three (Corrections and Adjustments)
        i. Review – Wave Hands Like Clouds (3)
        ii. Review – Left Single Whip
        iii. Review – High Pat on Horse
        iv. Review – Right Heel Kick (Transition to Read the Book)
        v. Review – Strike to the Ears with Both Fists
        vi. Review – Left Heel Kick
    d. Section Four
        i. Review – Snake Creeps Down
        ii. Review – Golden Rooster Standing on Left Leg

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

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