

Week 1

New Fall Session

October 28th, 2025

Basics (Seated Introduction)

1. Who is Dr. Paul Lam?
2. Tai Chi for Arthritis and Fall Prevention
3. Tai Chi Styles

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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2

New Fall Session

November 4th, 2025

Basics

1. Key Principles of Tai Chi
 - a. Movement Control
 - i. Slow and Mindful
 - ii. Smooth and Continuous
 - iii. Gentle Resistance

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
 - 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
 - b. The Advanced 6 Movements
 - i. **Brush Knee (left)**
 - ii. **Play the Lute**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

New Fall Session

November 11th, 2025

Basics

1. Key Principles of Tai Chi
 - b. Body Structure
 - i. Upright Posture
 - ii. Mindfulness
 - iii. Weight Transference

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
 - 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
 - b. The Advanced 6 Movements
 - ix. Review – Brush Knee (left)
 - x. Review – Play the Lute

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 4

New Fall Session

November 18th, 2025

Basics

1. Key Principles of Tai Chi
 - c. Internal Components
 - i. Loose Joints
 - ii. Strengthening
 - iii. Mental Quietness

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
 - 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
 - b. The Advanced 6 Movements
 - ix. Review – Brush Knee (left)
 - x. Review – Play the Lute
 - xi. **Parry and Punch**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

New Fall Session

November 25th, 2025

Basics

1. Key Principles of Tai Chi
 - d. Breathing Awareness
 - i. Dan Tian Breathing Method
 - ii. Relaxation
 - iii. 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
 - 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
 - b. The Advanced 6 Movements
 - ix. Review – Brush Knee (left)
 - x. Review – Play the Lute
 - xi. Review – Parry and Punch
 - xii. **Block and Close**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 6

New Fall Session

December 2nd, 2025

Basics

1. Key Principles of Tai Chi
 - e. Weight Transference
 - i. Posture Awareness
 - ii. Weight Distribution
 - iii. 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
 - 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
 - b. The Advanced 6 Movements
 - ix. Review – Brush Knee (left)
 - x. Review – Play the Lute
 - xi. Review – Parry and Punch
 - xii. Review – Block and Close

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 7

New Fall Session

December 9th, 2025

Basics

1. Key Principles of Tai Chi
 - f. Situation Awareness
 - i. Alertness
 - ii. Focus and Present
 - iii. Mindful Movement

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. Review – The Core 6 Movements
 - b. The Advanced 6 Movements
 - ix. Review – Brush Knee (left)
 - x. Review – Play the Lute
 - xi. Review – Parry and Punch
 - xii. Review – Block and Close
 - xiii. Push the Mountain**
 - xiv. Open and Close**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi