

Week 1

Fall Session

September 1st, 2026

Basics (Seated Introduction)

1. Tai Chi Principles and Guidelines
2. Sun Style and How it Compares to Others
3. What is TCAFP?

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. Review – Brush Knee (left)
 - ii. Review – Play the Lute

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2

Fall Session

September 8th, 2026

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. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

Fall Session

September 15th, 2026

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. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 4

Fall Session

September 22nd, 2026

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. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - Transition Into the Next Section

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

Fall Session

September 29th, 2026

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. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - vii. Brush Knee (right)**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 6

Fall Session

October 6th, 2026

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. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - vii. Review – Brush Knee (right)

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 7

Fall Session

October 13th, 2026

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)
 - c. 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
 - d. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - vii. Review – Brush Knee (right)
 - viii. Play the Lute**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 8

Fall Session

October 20th, 2026

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)
 - c. 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
 - d. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - vii. Review – Brush Knee (right)
 - viii. Review – Play the Lute

Qi Circle

- Cool-Downs
- Closing – Sharing Qi