

Week 1

Spring Session

March 24th, 2026

Basics (Seated Introduction)

1. What is TCAFP
2. Who is Dr. Paul Lam?
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
Spring Session
March 31st, 2026
NO CLASS

Basics

1. Tai Chi Principles
 - a. Mindfulness
 - b. Continuous
 - c. Gentle Resistance

Home 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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

Spring Session

April 7th, 2026

NO CLASS

Basics

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

Home 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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 4

Spring Session

April 14th, 2026

Basics

1. Tai Chi Principles
 - a. Loose Joints
 - b. Relaxation
 - c. Centered

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 5

Spring Session

April 21st, 2026

Basics

1. Tai Chi Principles
 - a. Breath Awareness
 - b. Abdominal Breathing
 - c. Cultivating Energy

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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 6

Spring Session

April 28th, 2026

Basics

1. Tai Chi Principles
 - a. Dynamic Movement
 - b. Weight Transference
 - c. Transition from Static Posture

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 7

Spring Session

May 5th, 2026

Basics

1. Tai Chi Principles
 - a. Mindful Transfer
 - b. Upright and Relaxed
 - c. Focused Movements

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
 - 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 8

Spring Session

May 12th, 2026

Basics

1. Tai Chi Principles
 - a. Mental Alertness
 - b. Body Awareness
 - c. Slow and Smooth Movements

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
 - 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)**
 - viii. Play the Lute**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 9

Spring Session

May 19th, 2026

Basics

1. Tai Chi Principles
 - a. Meditation in Motion
 - b. Relaxed Body and Mind
 - c. Energy Flow

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
 - 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
 - ix. **Parry and Punch**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi