

Week 1

Spring Session

March 26th, 2026

Basics

1. What is Tai Chi?
2. Where the mind goes, Qi (energy) follows
3. Yi (intent) leads to Qi, and Qi leads to Li (strength)

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail 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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2

Spring Session

April 2nd, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail 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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

Spring Session

April 9th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail 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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 4

Spring Session

April 16th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Review – 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. Review – 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. Review – Section Three (Corrections and Adjustments)
 - i. Review – Wave Hands Like Clouds (3)

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

Spring Session

April 23rd, 2026

Training

5. Qi Gong – Water Series (Warm-Ups)
6. Gentle Stretching Movements
7. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
8. Simplified 24 Tai Chi Form
 - a. Review – 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. Review – 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. Review – Section Three (Corrections and Adjustments)
 - i. Review – Wave Hands Like Clouds (3)
 - ii. Review – Left Single Whip
 - iii. Review – High Pat on Horse

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 6

Spring Session

April 30th, 2026

Training

9. Qi Gong – Water Series (Warm-Ups)
10. Gentle Stretching Movements
11. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
12. Simplified 24 Tai Chi Form
 - a. Review – 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. Review – 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. Review – Section Three (Corrections and Adjustments)
 - i. Review – Wave Hands Like Clouds (3)
 - ii. Review – Left Single Whip

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 7

Spring Session

May 7th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Review – Section One (Corrections and Adjustments)
 - b. Review – 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. Review – Section Three (Corrections and Adjustments)
 - i. Review – Wave Hands Like Clouds (3)
 - ii. Review – Left Single Whip
 - iii. Review – High Pat on Horse

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 8

Spring Session

May 14th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Review – Section One (Corrections and Adjustments)
 - b. Review – 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. Review – 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

Week 9

Spring Session

May 21st, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Review – Section One (Corrections and Adjustments)
 - b. Review – 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. Review – 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