

Week 1

New Fall Session

October 26th, 2024

Basics (Seated Introduction)

1. What is T'ai Chi Quan?
2. Who was Tricia Yu?
3. What is The Tai Chi Fundamentals®?

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
 - a. Section 1 (Adjustments and Corrections)
 - i. Review – Preparation
 - ii. Review – Beginning – Wuji
 - iii. Review – Ward Off Left (P'eng)
 - iv. Review – Press (Ji)
 - v. Review – Push (An)
 - vi. Review – Ward Off Right (P'eng)
 - vii. Review – Press (Ji)
 - viii. Review – Push (An)

Qi Circle

- Closing – Sharing Qi

Week 2

New Fall Session

November 2nd, 2024

Basics

1. Tai Chi Principles:
 - a. Centering
 - b. Relaxed Alertness
 - c. Stillness Within Movement

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
 - a. Review – Section 1
 - b. Review – Section 2 (Adjustments and Corrections)
 - i. Review – Repulse the Monkey, Hands
 - ii. Review – Repulse the Monkey, Stepping
 - iii. Review – Cloud Hands, Arms
 - iv. Review – Cloud Hands, Stepping

Qi Circle

- Closing – Sharing Qi

Week 3

New Fall Session

November 9th, 2024

Basics

1. Tai Chi Principles:
 - a. Body Mechanics for Standing Movement
 - i. Rooted in the Feet
 - ii. Powered by the Legs
 - iii. Guided by the Torso
 - iv. Expressed Through the Hands and Fingers

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
 - a. Review – Section 1
 - b. Review – Section 2 (Adjustments and Corrections)
 - i. Review – Repulse the Monkey, Hands
 - ii. Review – Repulse the Monkey, Stepping
 - iii. Review – Cloud Hands, Arms
 - iv. Review – Cloud Hands, Stepping
 - v. Review – Single Whip

Qi Circle

- Closing – Sharing Qi

Week 4

New Fall Session

November 16th, 2024

Basics

1. Tai Chi Principles:
 - a. Moving Around Obstacles
 - b. Spontaneous Action

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
 - a. Review – Section 1
 - b. Review – Section 2
 - c. Review – Section 3
 - i. Review – Snake Slides Down
 - ii. Review – Golden Pheasant Stands on Left Leg
 - iii. Review – Golden Pheasant Stands on Right Leg

Qi Circle

- Closing – Sharing Qi

Week 5

New Fall Session

November 23rd, 2024

Basics

1. Tai Chi Principles:
 - a. The Heavy and The Light
 - i. Heavy: Knees, Tailbone, Shoulders, Elbows
 - ii. Light: Head, Eyes, Hands, Fingers

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One, Part Two, Part Three
3. Tai Chi Fundamentals® Original Program
 - a. Review – Section 1
 - b. Review – Section 2
 - c. Review – Section 3
 - i. Review – Snake Slides Down
 - ii. Review – Golden Pheasant Stands on Left Leg
 - iii. Review – Golden Pheasant Stands on Right Leg
 - iv. Review – Separate Arms and Kick Right
 - v. Review – Separate Arms and Kick Left

Qi Circle

- Closing – Sharing Qi

Week 6

New Fall Session

November 30th, 2024

Basics

1. Tai Chi Principles:
 - a. Flexible and Rooted
 - b. String of Pearls

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One, Part Two, Part Three
3. Tai Chi Fundamentals® Original Program
 - a. Review – Section 1
 - b. Review – Section 2
 - c. Review – Section 3
 - i. Review – Snake Slides Down
 - ii. Review – Golden Pheasant Stands on Left Leg
 - iii. Review – Golden Pheasant Stands on Right Leg
 - iv. Review – Separate Arms and Kick Right
 - v. Review – Separate Arms and Kick Left
 - vi. Review – Brush Knee and Twist Left – Repeat
 - vii. Review – Brush Knee and Twist Right - Repeat

Qi Circle

- Closing – Sharing Qi

Week 7

New Fall Session

December 7th, 2024

Basics

1. Ben Lo's Tai Chi Guidelines:
 - a. Relax
 - b. Keep Body Upright
 - c. Separate Yin and Yang

Training

4. Qi Gong – Water Series (Warm-Ups)
5. Basic Moves
 - a. Review – Part One, Part Two, Part Three
6. Tai Chi Fundamentals® Original Program
 - a. Review – Section 1
 - b. Review – Section 2
 - c. Review – Section 3
 - i. Review – Snake Slides Down
 - ii. Review – Golden Pheasant Stands on Left Leg
 - iii. Review – Golden Pheasant Stands on Right Leg
 - iv. Review – Separate Arms and Kick Right
 - v. Review – Separate Arms and Kick Left
 - vi. Review – Brush Knee and Twist Left – Repeat
 - vii. Review – Brush Knee and Twist Right - Repeat
 - viii. Review – Punch
 - ix. Review – Withdraw and Push

Qi Circle

- Closing – Sharing Qi

Week 8

New Fall Session

December 14th, 2024

Basics

2. Ben Lo's Tai Chi Guidelines:
 - a. Relax
 - b. Keep Body Upright
 - c. Separate Yin and Yang
 - d. Move from Your Core
 - e. Keep Fair Lady's Wrist

Training

7. Qi Gong – Water Series (Warm-Ups)
8. Basic Moves
 - a. Review – Part One, Part Two, Part Three
9. Tai Chi Fundamentals® Original Program
 - a. Review – Section 1
 - b. Review – Section 2
 - c. Review – Section 3
 - i. Review – Snake Slides Down
 - ii. Review – Golden Pheasant Stands on Left Leg
 - iii. Review – Golden Pheasant Stands on Right Leg
 - iv. Review – Separate Arms and Kick Right
 - v. Review – Separate Arms and Kick Left
 - vi. Review – Brush Knee and Twist Left – Repeat
 - vii. Review – Brush Knee and Twist Right - Repeat
 - viii. Review – Punch
 - ix. Review – Withdraw and Push
 - x. Cross Hands
 - xi. Closing

Qi Circle

- Closing – Sharing Qi