

Week 1

Spring Session

March 30th, 2024

Basics (Seated Introduction)

1. What is Tai Chi?
2. Five Major Styles of Tai Chi
 - a. Chen Style
 - b. Yang Style
 - c. Wu/Hao Style
 - d. Wu Style
 - e. Sun Style
3. Who was Tricia Yu?

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One
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

Spring Session

April 6th, 2024

Basics

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

Training

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

Qi Circle

- Closing – Sharing Qi

Week 3

Spring Session

April 13th, 2024

Basics

1. Yi Dao, Qi Dao
 - a. Where the mind goes, Qi (energy) follows

Training

4. Qi Gong – Water Series (Warm-Ups)
5. Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - i. Tai Chi Fold (Moving from the Kwa)
6. Tai Chi Fundamentals® Original Program
 - a. Review – Section 1
 - 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)
 - 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 4

Spring Session

April 20th, 2024

Basics

1. The Heavy and Light
 - a. Heavy: Knees, Tailbone, Shoulders, Elbows
 - b. Light: Head, Eyes, Hands, Fingers

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One, Part Two
3. Tai Chi Fundamentals® Original Program
 - a. Review – Section 1
 - 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)
 - 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 5

Spring Session

World Tai Chi & Qigong Day

April 27th, 2024

Basics

1. Body Mechanics for Standing Movement
 - a. Rooted in the Feet
 - b. Powered by the Legs
 - c. Guided by the Torso
 - d. 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
 - i. High Step
 - ii. Flying Crane
 - iii. Toe Kick
 - iv. Dancing Crane
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
 - c. Review – Section 3
 - i. Review – Snake Slides Down

Qi Circle

- Closing – Sharing Qi

Week 6

Spring Session

May 4th, 2024

Basics

1. Training Motto:
 - a. Yi (intent) leads to Qi (energy), and Qi leads to Li (force, power, strength), which means it leads to movement.

Training

4. Qi Gong – Water Series (Warm-Ups)
5. Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - c. Review – Part Three
 - i. High Step
 - ii. Flying Crane
 - iii. Toe Kick
 - iv. Dancing Crane
6. 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
 - 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 7

Spring Session

May 11th, 2024

Basics

1. Martial Arts Saying:
 - a. Yiri lian yiri gong. Yiri bu lian shiri kong.
 - i. One day's practice [gains] one day's merit. Skip one day's practice, ten days are lost.

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
 - iv. Review – Separate Arms and Kick Right
 - v. Review – Separate Arms and Kick Left

Qi Circle

- Closing – Sharing Qi

Week 8

Spring Session

May 18th, 2024

Basics

1. Three Essential Skills
 - a. Ting Jin: The ability to listen to energy
 - b. Dong Jin: The ability to understand energy
 - c. Fa Jin: The ability to discharge energy

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
 - 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 9

Spring Session

May 25th, 2024

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
 - 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. Review – Cross Hands
 - xi. Review – Closing

Qi Circle

- Closing – Sharing Qi