

# Week 1

## Summer Session

### May 26<sup>th</sup>, 2026

#### Basics (Seated Introduction)

1. Dr. Paul Lam and Tai Chi for Health
2. Tai Chi for Arthritis and Fall Prevention
3. Tai Chi 5 Families

#### 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. **Commencement**
    - ii. **Open and Close**
    - iii. **Single Whip (right)**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 2

## Summer Session

### June 2<sup>nd</sup>, 2026

#### Basics

1. Tai Chi Basics
  - a. Respectful Salute
  - b. Holding the Ball
  - c. Tai Chi Stance and Walking

#### 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. Wave Hands (right)**
    - v. Open and Close**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 3

## Summer Session

### June 9<sup>th</sup>, 2026

#### Basics

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

#### 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

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 4

## Summer Session

### June 16<sup>th</sup>, 2026

#### Basics

1. Tai Chi Basics
  - a. Tai Chi Fist
  - b. Tai Chi Hands
  - c. Soft joints

#### 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. **Single Whip (left)**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 5

## Summer Session

### June 23<sup>rd</sup>, 2026

#### Basics

1. Tai Chi Basics
  - a. Mindfulness
  - b. Awareness
  - c. Moving Meditation

#### 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 – Wave Hands (right)
    - vii. Review – Open and Close
    - viii. Review – Single Whip (left)

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi