

Week 1

New Fall Session

October 30th, 2025

Basics

1. Mindfulness and Awareness
2. Harmony and Balance
3. Grounding and Centering

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - 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 2

New Fall Session

November 6th, 2025

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - 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
 - c. Section Three
 - i. Review – Wave Hands Like Clouds (3)

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

New Fall Session

November 13th, 2025

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - 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
 - c. 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 4

New Fall Session

November 20th, 2025

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - 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. **High Pat on Horse**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

New Fall Session

November 27th, 2025

NO CLASS

Home Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - 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 6

New Fall Session

December 4th, 2025

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - 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. **Right Heel Kick**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 7

New Fall Session

December 11th, 2025

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Zhan Zhuang – Standing Like a Tree (Hug the Tree)
 - 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