

Week 1

New Fall Session

October 27th, 2026

Basics (Seated Introduction)

1. Tai Chi Sun Style and TCAFP
2. Where the Mind Goes, Qi Flows
3. The Three Dantians

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements
 - 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 – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - b. The Advanced 6 Movements (Left Side)
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2

New Fall Session

November 3rd, 2026

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Review)
 - b. The Advanced 6 Movements (Left Side)
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - c. The Advanced 6 Movements (Right Side)
 - i. **Brush Knee (right)**
 - ii. **Play the Lute**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

New Fall Session

November 10th, 2026

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Review)
 - b. The Advanced 6 Movements (Left Side)
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - c. The Advanced 6 Movements (Right Side)
 - i. Review – Brush Knee (right)
 - ii. Review – Play the Lute

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 4

New Fall Session

November 17th, 2026

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Review)
 - b. The Advanced 6 Movements (Left Side)
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - c. The Advanced 6 Movements (Right Side)
 - i. Review – Brush Knee (right)
 - ii. Review – Play the Lute
 - iii. **Parry and Punch**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

New Fall Session

November 24th, 2026

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Review)
 - b. The Advanced 6 Movements (Left Side)
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - c. The Advanced 6 Movements (Right Side)
 - i. Review – Brush Knee (right)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. **Block and Close**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 6

New Fall Session

December 1st, 2026

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Review)
 - b. The Advanced 6 Movements (Left Side)
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - c. The Advanced 6 Movements (Right Side)
 - i. Review – Brush Knee (right)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. **Push the Mountain**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 7

New Fall Session

December 8th, 2026

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Review)
 - b. The Advanced 6 Movements (Left Side)
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - c. The Advanced 6 Movements (Right Side)
 - i. Review – Brush Knee (right)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Open and Close**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 8

New Fall Session

December 15th, 2026

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Review)
 - b. The Advanced 6 Movements (Left Side)
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - c. The Advanced 6 Movements (Right Side)
 - i. Review – Brush Knee (right)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close
 - d. The Advanced 6 Movements (Final)
 - i. **Final Closing**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi