

Week 1

Fall Session

September 5th, 2026

Basics

1. Tai Chi Chuan (The Supreme Ultimate Fist)
2. Yi (intent) leads to Qi (energy), and Qi leads to Li (force, power, strength), which means it leads to movement

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength 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
 - v. Review – High Pat on Horse

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2
Fall Session
September 12th, 2026
NO CLASS – Running for Water

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength 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. 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 3

Fall Session

September 19th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength 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. 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

Week 4

Fall Session

September 26th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength 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. 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 (Transition to Read the Book)

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

Fall Session

October 3rd, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength 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. 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 (Transition to Read the Book)
 - v. Review – Strike to the Ears with Both Fists

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 6

Fall Session

October 10th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength 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. 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 (Transition to Read the Book)
 - v. Review – Strike to the Ears with Both Fists

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 7

Fall Session

October 17th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength 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. 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 (Transition to Read the Book)
 - v. Review – Strike to the Ears with Both Fists
 - vi. **Left Heel Kick**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 8

Fall Session

October 24th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength 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. 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 (Transition to Read the Book)
 - v. Review – Strike to the Ears with Both Fists
 - vi. Review – Left Heel Kick

Qi Circle

- Cool-Downs
- Closing – Sharing Qi