

Week 1

Summer Session

May 28th, 2026

Basics

1. Who was Zhang Sanfeng?
2. Yi Dao, Qi Dao
 - a. Where the mind goes, Qi (energy) follows.

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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2

Summer Session

June 4th, 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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

Summer Session

June 11th, 2026

NO CLASS

Home 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 4

Summer Session

June 18th, 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 5

Summer Session

June 25th, 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