

# Week 1

## New Summer Session

### July 9<sup>th</sup>, 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**

## **New Summer Session**

### **July 16<sup>th</sup>, 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**

## **New Summer Session**

### **July 23<sup>rd</sup>, 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 4**

## **New Summer Session**

### **July 30<sup>th</sup>, 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

## New Summer Session

### August 6<sup>th</sup>, 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**

## **New Summer Session**

### **August 13<sup>th</sup>, 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

## New Summer Session

### August 20<sup>th</sup>, 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