

# Week 1

## New Fall Session

### October 29<sup>th</sup>, 2024

#### Basics (Seated Introduction)

1. What is T'ai Chi Quan?
2. Who was Tricia Yu?
3. What is The Tai Chi Fundamentals®?

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Section 1 (Adjustments and Corrections)
    - i. Review – Preparation
    - ii. Review – Beginning – Wuji
    - iii. Review – Ward Off Left (P'eng)
    - iv. Review – Press (Ji)
    - v. Review – Push (An)
    - vi. Review – Ward Off Right (P'eng)
    - vii. Review – Press (Ji)
    - viii. Review – Push (An)

#### Qi Circle

- Closing – Sharing Qi

# **Week 2**

## **New Fall Session**

### **November 5<sup>th</sup>, 2024**

#### **NO CLASS**

#### **Basics**

1. Tai Chi Principles:
  - a. Centering
  - b. Relaxed Alertness
  - c. Stillness Within Movement

#### **Home Training**

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2 (Adjustments and Corrections)
    - i. Review – Repulse the Monkey, Hands
    - ii. Review – Repulse the Monkey, Stepping
    - iii. Review – Cloud Hands, Arms
    - iv. Review – Cloud Hands, Stepping

#### **Qi Circle**

- Closing – Sharing Qi

# Week 3

## New Fall Session

### November 12<sup>th</sup>, 2024

#### Basics

1. Tai Chi Principles:
  - a. Body Mechanics for Standing Movement
    - i. Rooted in the Feet
    - ii. Powered by the Legs
    - iii. Guided by the Torso
    - iv. Expressed Through the Hands and Fingers

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2 (Adjustments and Corrections)
    - i. Review – Repulse the Monkey, Hands
    - ii. Review – Repulse the Monkey, Stepping
    - iii. Review – Cloud Hands, Arms
    - iv. Review – Cloud Hands, Stepping
    - v. Review – Single Whip

#### Qi Circle

- Closing – Sharing Qi

# Week 4

## New Fall Session

### November 19<sup>th</sup>, 2024

#### Basics

1. Tai Chi Principles:
  - a. Moving Around Obstacles
  - b. Spontaneous Action

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2
  - c. Review – Section 3
    - i. Review – Snake Slides Down
    - ii. Review – Golden Pheasant Stands on Left Leg
    - iii. Review – Golden Pheasant Stands on Right Leg

#### Qi Circle

- Closing – Sharing Qi

# Week 5

## New Fall Session

### November 26<sup>th</sup>, 2024

#### Basics

1. Tai Chi Principles:
  - a. The Heavy and The Light
    - i. Heavy: Knees, Tailbone, Shoulders, Elbows
    - ii. Light: Head, Eyes, Hands, Fingers

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One, Part Two, Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2
  - c. Review – Section 3
    - i. Review – Snake Slides Down
    - ii. Review – Golden Pheasant Stands on Left Leg
    - iii. Review – Golden Pheasant Stands on Right Leg
    - iv. Review – Separate Arms and Kick Right
    - v. Review – Separate Arms and Kick Left

#### Qi Circle

- Closing – Sharing Qi

# Week 6

## New Fall Session

### December 3<sup>rd</sup>, 2024

#### Basics

1. Tai Chi Principles:
  - a. Flexible and Rooted
  - b. String of Pearls

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One, Part Two, Part Three
3. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2
  - c. Review – Section 3
    - i. Review – Snake Slides Down
    - ii. Review – Golden Pheasant Stands on Left Leg
    - iii. Review – Golden Pheasant Stands on Right Leg
    - iv. Review – Separate Arms and Kick Right
    - v. Review – Separate Arms and Kick Left
    - vi. Review – Brush Knee and Twist Left – Repeat
    - vii. Review – Brush Knee and Twist Right - Repeat

#### Qi Circle

- Closing – Sharing Qi

# Week 7

## New Fall Session

### December 10<sup>th</sup>, 2024

#### Basics

1. Ben Lo's Tai Chi Guidelines:
  - a. Relax
  - b. Keep Body Upright
  - c. Separate Yin and Yang
  - d. Move from Your Core
  - e. Keep Fair Lady's Wrist

#### Training

4. Qi Gong – Water Series (Warm-Ups)
5. Basic Moves
  - a. Review – Part One, Part Two, Part Three
6. Tai Chi Fundamentals® Original Program
  - a. Review – Section 1
  - b. Review – Section 2
  - c. Review – Section 3
    - i. Review – Snake Slides Down
    - ii. Review – Golden Pheasant Stands on Left Leg
    - iii. Review – Golden Pheasant Stands on Right Leg
    - iv. Review – Separate Arms and Kick Right
    - v. Review – Separate Arms and Kick Left
    - vi. Review – Brush Knee and Twist Left – Repeat
    - vii. Review – Brush Knee and Twist Right - Repeat
    - viii. Review – Punch
    - ix. Review – Withdraw and Push
    - x. Cross Hands
    - xi. Closing

#### Qi Circle

- Closing – Sharing Qi