

# Week 1

## Spring Session

### March 26<sup>th</sup>, 2026

#### Basics

1. Energy And the Elements
2. Centering and Grounding
3. Yang Style

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
  - a. Release Tension and Endurance
  - b. Tai Chi Stance (Bow Stance)
  - c. Tai Chi Walking
  - d. Strengthening the Quads
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

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 2

## Spring Session

### April 2<sup>nd</sup>, 2026

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
  - a. Release Tension and Endurance
  - b. Tai Chi Stance (Bow Stance)
  - c. Tai Chi Walking
  - d. Strengthening the Quads
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

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 3

## Spring Session

### April 9<sup>th</sup>, 2026

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
  - a. Release Tension and Endurance
  - b. Tai Chi Stance (Bow Stance)
  - c. Tai Chi Walking
  - d. Strengthening the Quads
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

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 4

## Spring Session

### April 16<sup>th</sup>, 2026

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
  - a. Release Tension and Endurance
  - b. Tai Chi Stance (Bow Stance)
  - c. Tai Chi Walking
  - d. Strengthening the Quads
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
  - b. Section Two (Corrections and Adjustments)
    - i. Review – Repulse Monkey
    - ii. Review – Grasp the Sparrow’s Tail Left
      - Ward off Left/Roll Back/Press/Push
    - iii. Review – Grasp the Sparrow’s Tail Right
      - Ward off Right/Roll Back/Press/Push

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 5

## Spring Session

### April 23<sup>rd</sup>, 2026

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
  - a. Release Tension and Endurance
  - b. Tai Chi Stance (Bow Stance)
  - c. Tai Chi Walking
  - d. Strengthening the Quads
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
  - b. Section Two (Corrections and Adjustments)
    - i. Review – Repulse Monkey
    - ii. Review – Grasp the Sparrow’s Tail Left
      - Ward off Left/Roll Back/Press/Push
    - iii. Review – Grasp the Sparrow’s Tail Right
      - Ward off Right/Roll Back/Press/Push
    - iv. Review – Left Single Whip

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 6

## Spring Session

### April 30<sup>th</sup>, 2026

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
  - a. Release Tension and Endurance
  - b. Tai Chi Stance (Bow Stance)
  - c. Tai Chi Walking
  - d. Strengthening the Quads
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
  - b. Section Two (Corrections and Adjustments)
    - i. Review – Repulse Monkey
    - ii. Review – Grasp the Sparrow’s Tail Left
      - Ward off Left/Roll Back/Press/Push
    - iii. Review – Grasp the Sparrow’s Tail Right
      - Ward off Right/Roll Back/Press/Push
    - iv. Review – Left Single Whip

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 7

## Spring Session

### May 7<sup>th</sup>, 2026

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
  - a. Release Tension and Endurance
  - b. Tai Chi Stance (Bow Stance)
  - c. Tai Chi Walking
  - d. Strengthening the Quads
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
  - b. Section Two (Corrections and Adjustments)
    - i. Review – Repulse Monkey
    - ii. Review – Grasp the Sparrow’s Tail Left
      - Ward off Left/Roll Back/Press/Push
    - iii. Review – Grasp the Sparrow’s Tail Right
      - Ward off Right/Roll Back/Press/Push
    - iv. Review – Left Single Whip
  - c. Section Three
    - i. Review – Wave Hands Like Clouds (3)
    - ii. Review – Left Single Whip

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 8

## Spring Session

### May 14<sup>th</sup>, 2026

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
  - a. Release Tension and Endurance
  - b. Tai Chi Stance (Bow Stance)
  - c. Tai Chi Walking
  - d. Strengthening the Quads
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
  - b. Section Two (Corrections and Adjustments)
    - i. Review – Repulse Monkey
    - ii. Review – Grasp the Sparrow’s Tail Left
      - Ward off Left/Roll Back/Press/Push
    - iii. Review – Grasp the Sparrow’s Tail Right
      - Ward off Right/Roll Back/Press/Push
    - iv. Review – Left Single Whip
  - c. Section Three
    - i. Review – Wave Hands Like Clouds (3)
    - ii. Review – Left Single Whip

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 9

## Spring Session

### May 21<sup>st</sup>, 2026

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
  - a. Release Tension and Endurance
  - b. Tai Chi Stance (Bow Stance)
  - c. Tai Chi Walking
  - d. Strengthening the Quads
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
  - b. Section Two (Corrections and Adjustments)
    - i. Review – Repulse Monkey
    - ii. Review – Grasp the Sparrow’s Tail Left
      - Ward off Left/Roll Back/Press/Push
    - iii. Review – Grasp the Sparrow’s Tail Right
      - Ward off Right/Roll Back/Press/Push
    - iv. Review – Left Single Whip
  - c. Section Three
    - 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