

Week 1

New Summer Session

July 11th, 2026

Basics

1. The Supreme Ultimate
2. Tai Chi Families
3. Yin and Yang Energies

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
 - 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 2

New Summer Session

July 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
 - 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
 - Ward off Left/Roll Back/Press/Push
 - Ward off Right/Roll Back/Press/Push
 - v. Review – Left Single Whip
 - d. 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

Week 3

New Summer Session

July 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
 - 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
 - Ward off Left/Roll Back/Press/Push
 - Ward off Right/Roll Back/Press/Push
 - iv. Review – Left Single Whip
 - e. Section Three
 - 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

New Summer Session

August 1st, 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
 - c. 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
 - d. 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
 - Ward off Left/Roll Back/Press/Push
 - Ward off Right/Roll Back/Press/Push
 - vi. 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
 - iv. Review – Right Heel Kick (Transition into Read the Book)
 - v. **Strike to the Ears with Both Fists**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

New Summer Session

August 8th, 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
 - 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
 - Ward off Left/Roll Back/Press/Push
 - Ward off Right/Roll Back/Press/Push
 - vii. Review – Left Single Whip
 - d. Section Three
 - i. Review – Wave Hands Like Clouds (3)
 - ii. Review – Left Single Whip
 - iii. Review – High Pat on Horse
 - iv. Review – Right Heel Kick (Transition into 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 15th, 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
 - 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
 - Ward off Left/Roll Back/Press/Push
 - Ward off Right/Roll Back/Press/Push
 - viii. 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
 - iv. Review – Right Heel Kick (Transition into Read the Book)
 - v. Review – Strike to the Ears with Both Fists
 - vi. **Left Heel Kick**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 7

New Summer Session

August 22nd, 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
 - 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
 - Ward off Left/Roll Back/Press/Push
 - 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
 - iv. Review – Right Heel Kick (Transition into Read the Book)
 - v. Review – Strike to the Ears with Both Fists
 - vi. Review – Left Heel Kick

Qi Circle

- Cool-Downs
- Closing – Sharing Qi