

# Week 1

## New Summer Session

### July 13<sup>th</sup>, 2024

#### Basics (Seated Introduction)

1. The Life Force (Qi)
2. The Supreme Ultimate (Tai Chi)
3. Who was Tricia Yu?
4. 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 Summer Session

### July 20<sup>th</sup>, 2024

#### Basics

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

#### 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 3

## New Summer Session

### July 27<sup>th</sup>, 2024

#### Basics

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

#### 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

#### Qi Circle

- Closing – Sharing Qi

# Week 4

## New Summer Session

### August 3<sup>rd</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
  - 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 Summer Session

### August 10<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, 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 Summer Session

### August 17<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

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

#### Qi Circle

- Closing – Sharing Qi

# Week 7

## New Summer Session

### August 24<sup>th</sup>, 2024

#### Basics

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

#### Training

7. Qi Gong – Water Series (Warm-Ups)
8. Basic Moves
  - a. Review – Part One, Part Two, Part Three
9. 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