

Week 1

Fall Session

September 3rd, 2026

Basics

1. Mindfulness and Awareness
2. Slow, Gentle Movements
3. Tai Chi as a Way of Life

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 2

Fall Session

September 10th, 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 3

Fall Session

September 17th, 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

Fall Session

September 24th, 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 5

Fall Session

October 1st, 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

Week 6

Fall Session

October 8th, 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

Week 7

Fall Session

October 15th, 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

Week 8

Fall Session

October 22nd, 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