

Week 1

Summer Session

May 26th, 2026

Basics (Seated Introduction)

1. Doctor Paul Lam
2. Creation of Tai Chi for Arthritis and Fall Prevention
3. Tai Chi Families: Sun Style

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2

Summer Session

June 2nd, 2026

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

Summer Session

June 9th, 2026

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 4

Summer Session

June 16th, 2026

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - b. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

Summer Session

June 23rd, 2026

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - c. The Core 6 Movements
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - d. The Advanced 6 Movements
 - i. Review – Brush Knee (left)
 - ii. Review – Play the Lute
 - iii. Review – Parry and Punch
 - iv. Review – Block and Close
 - v. Review – Push the Mountain
 - vi. Review – Open and Close

Qi Circle

- Cool-Downs
- Closing – Sharing Qi