

Week 1

Winter Session

January 8th, 2026

Basics

1. The Supreme Ultimate
2. Yi Dao, Qi Dao – Where the mind goes, Qi (energy) follows
3. Yi (intent) leads to Qi, and Qi leads to Li (strength)

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail 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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2

Winter Session

January 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. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail 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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

Winter Session

January 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. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail 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
 - iii. Review – Grasp the Sparrow's Tail Right

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 4

Winter Session

January 29th, 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. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Review – 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. Review – 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
 - iv. Review – Left Single Whip

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

Winter Session

February 5th, 2026

Training

5. Qi Gong – Water Series (Warm-Ups)
6. Gentle Stretching Movements
7. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
8. Simplified 24 Tai Chi Form
 - a. Review – 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. Review – 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
 - iv. Review – Left Single Whip
 - c. Review – Section Three (Corrections and Adjustments)
 - i. Review – Wave Hands Like Clouds (3)

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 6

Winter Session

February 12th, 2026

Training

9. Qi Gong – Water Series (Warm-Ups)
10. Gentle Stretching Movements
11. Introductory Movements and Strength Training
 - a. Release Tension and Endurance
 - b. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
12. Simplified 24 Tai Chi Form
 - a. Review – 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. Review – 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
 - iv. Review – Left Single Whip
 - c. Review – Section Three (Corrections and Adjustments)
 - i. Review – Wave Hands Like Clouds (3)
 - ii. Review – Left Single Whip

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 7

Winter Session

February 19th, 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. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Review – Section One (Corrections and Adjustments)
 - b. Review – 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
 - iv. Review – Left Single Whip
 - c. Review – Section Three (Corrections and Adjustments)
 - i. Review – Wave Hands Like Clouds (3)
 - ii. Review – Left Single Whip
 - iii. **High Pat on Horse**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 8

Winter Session

February 26th, 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. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Review – Section One (Corrections and Adjustments)
 - b. Review – 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
 - iv. Review – Left Single Whip
 - c. Review – Section Three (Corrections and Adjustments)
 - 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 9

Winter Session

March 5th, 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. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Review – Section One (Corrections and Adjustments)
 - b. Review – 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
 - iv. Review – Left Single Whip
 - c. Review – Section Three (Corrections and Adjustments)
 - i. Review – Wave Hands Like Clouds (3)
 - ii. Review – Left Single Whip
 - iii. Review – High Pat on Horse
 - iv. **Right Heel Kick**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 10

Winter Session

March 12th, 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. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Review – Section One (Corrections and Adjustments)
 - b. Review – 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
 - iv. Review – Left Single Whip
 - c. Review – Section Three (Corrections and Adjustments)
 - 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 11

Winter Session

March 19th, 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. Rooster Training
 - c. Kick Training
 - d. Bow Stand and Tai Chi Walking
 - e. Grasp the Sparrow's Tail Training
4. Simplified 24 Tai Chi Form
 - a. Review – Section One (Corrections and Adjustments)
 - b. Review – 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
 - iv. Review – Left Single Whip
 - c. Review – Section Three (Corrections and Adjustments)
 - 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