

# Week 1

## Spring Session

### March 28<sup>th</sup>, 2024

#### Basics

1. Yang Style Lineage
2. Professor Cheng Man-Ch'ing
3. T'ai Chi Principles

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Grasping the Sparrow's Tail (Adjustments and Corrections)
    - i. Review – Ward Off Left (P'eng)
    - ii. Review – Ward Off Right (P'eng)
    - iii. Review – Roll Back (Lu)
    - iv. Review – Press (Ji)
    - v. Review – Push (An)

#### Qi Circle

- Closing – Sharing Qi

# Week 2

## Spring Session

### April 4<sup>th</sup>, 2024

#### Basics

1. Ben Lo's Teachings
  - a. Relax
  - b. Keep Body Upright
  - c. Separate Yin and Yang
  - d. Move from Your Core
  - e. Keep Fair Lady 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. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Ward Off Left (P'eng)
  - d. Review – Ward Off Right (P'eng)
  - e. Review – Roll Back (Lu)
  - f. Review – Press (Ji)
  - g. Review – Push (An)
  - h. Review – Single Whip

#### Qi Circle

- Closing – Sharing Qi

# Week 3

## Spring Session

### April 11<sup>th</sup>, 2024

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Ward Off Left (P'eng)
  - d. Review – Ward Off Right (P'eng)
  - e. Review – Roll Back (Lu)
  - f. Review – Press (Ji)
  - g. Review – Push (An)
  - h. Review – Single Whip
  - i. Review – Lifting Hands
  - j. Review – Shoulder Strike (K'ao)

#### Qi Circle

- Closing – Sharing Qi

# Week 4

## Spring Session

### April 18<sup>th</sup>, 2024

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Ward Off Left (P'eng)
  - d. Review – Ward Off Right (P'eng)
  - e. Review – Roll Back (Lu)
  - f. Review – Press (Ji)
  - g. Review – Push (An)
  - h. Review – Single Whip
  - i. Review – Lifting Hands
  - j. Review – Shoulder Strike (K'ao)
  - k. Review – White Crane Spreads Its Wings

#### Qi Circle

- Closing – Sharing Qi

# Week 5

## Spring Session

### April 25<sup>th</sup>, 2024

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Section One
    - i. Review – Preparation – Sung
    - ii. Review – Beginning – Wuji
    - iii. Review – Ward Off Left (P'eng)
    - iv. Review – Ward Off Right (P'eng)
    - v. Review – Roll Back (Lu)
    - vi. Review – Press (Ji)
    - vii. Review – Push (An)
    - viii. Review – Single Whip
    - ix. Review – Lifting Hands
    - x. Review – Shoulder Strike (K'ao)
    - xi. Review – White Crane Spreads Its Wings
    - xii. Review – Brush Left Knee and Twist Step

#### Qi Circle

- Closing – Sharing Qi

# Week 6

## Spring Session

### May 2<sup>nd</sup>, 2024

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Ward Off Left (P'eng)
  - d. Review – Ward Off Right (P'eng)
  - e. Review – Roll Back (Lu)
  - f. Review – Press (Ji)
  - g. Review – Push (An)
  - h. Review – Single Whip
  - i. Review – Lifting Hands
  - j. Review – Shoulder Strike (K'ao)
  - k. Review – White Crane Spreads Its Wings
  - l. Review – Brush Left Knee and Twist Step
  - m. Review – Playing the Guitar (Pipa)
  - n. Review – Brush Left Knee and Twist Step

#### Qi Circle

- Closing – Sharing Qi

# Week 7

## Spring Session

### May 2<sup>nd</sup>, 2024

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Ward Off Left (P'eng)
  - d. Review – Ward Off Right (P'eng)
  - e. Review – Roll Back (Lu)
  - f. Review – Press (Ji)
  - g. Review – Push (An)
  - h. Review – Single Whip
  - i. Review – Lifting Hands
  - j. Review – Shoulder Strike (K'ao)
  - k. Review – White Crane Spreads Its Wings
  - l. Review – Brush Left Knee and Twist Step
  - m. Review – Playing the Guitar (Pipa)
  - n. Review – Brush Left Knee and Twist Step
  - o. Review – Deflect Downward, Parry, and Punch

#### Qi Circle

- Closing – Sharing Qi

# Week 8

## Spring Session

### May 16<sup>th</sup>, 2024

#### Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
  - a. Review – Part One
  - b. Review – Part Two
  - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form
  - a. Review – Preparation – Sung
  - b. Review – Beginning – Wuji
  - c. Review – Ward Off Left (P'eng)
  - d. Review – Ward Off Right (P'eng)
  - e. Review – Roll Back (Lu)
  - f. Review – Press (Ji)
  - g. Review – Push (An)
  - h. Review – Single Whip
  - i. Review – Lifting Hands
  - j. Review – Shoulder Strike (K'ao)
  - k. Review – White Crane Spreads Its Wings
  - l. Review – Brush Left Knee and Twist Step
  - m. Review – Playing the Guitar (Pipa)
  - n. Review – Brush Left Knee and Twist Step
  - o. Review – Deflect Downward, Parry, and Punch
  - p. Review – Withdraw and Push
  - q. Review – Crossing Hands

#### Qi Circle

- Closing – Sharing Qi