

# **Week 1**

## **Winter Session**

### **January 8<sup>th</sup>, 2026**

#### **Basics**

1. Energy And the Elements
2. Centering and Grounding
3. Yang Style

#### **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

#### **Qi Circle**

- Cool-Downs
- Closing – Sharing Qi

# Week 2

## Winter Session

### January 15<sup>th</sup>, 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

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 3

## Winter Session

### January 22<sup>nd</sup>, 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. **Repulse Monkey**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 4

## Winter Session

### January 29<sup>th</sup>, 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. **Grasp the Sparrow's Tail Left**
      - **Ward off Left/Roll Back/Press/Push**
    - iii. **Grasp the Sparrow's Tail Right**
      - **Ward off Right/Roll Back/Press/Push**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 5

## Winter Session

### February 5<sup>th</sup>, 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. **Left Single Whip**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 6

## Winter Session

### February 12<sup>th</sup>, 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 7

## Winter Session

### February 19<sup>th</sup>, 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. **Wave Hands Like Clouds (3)**
    - ii. **Left Single Whip**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 8

## Winter Session

### February 26<sup>th</sup>, 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

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi



# Week 9

## Winter Session

### March 5<sup>th</sup>, 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. **High Pat on Horse**

#### Qi Circle

- Cool-Downs
- Closing – Sharing Qi

# Week 10

## Winter Session

### March 12<sup>th</sup>, 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 11

## Winter Session

### March 19<sup>th</sup>, 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