

Week 1

Spring Session

March 28th, 2024

Basics

1. Lower Dantian
 - a. Jing: The body's essence. Located below your navel.
2. Middle Dantian
 - a. Qi: Lifeforce. Located in the center chest.
3. Upper Dantian
 - a. Shen: The spirit. Located in the third eye, in between the eyebrows.

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Review Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form Yang Style
 - a. Review – Section One (Flow)
 - b. Review – Section Two (Refinement)
 - i. Review – Embrace the Tiger, Return to Mountain
 - ii. Review – Roll Back
 - iii. Review – Press
 - iv. Review – Push
 - v. Review – Single Whip

Qi Circle

- Closing – Sharing Qi

Week 2

Spring Session

April 4th, 2024

Basics

1. Training Formula
 - a. $VA + NC = SLE$
 - Vertical Alignment + Neutral Compassion = Stable Lead Energy

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 Yang Style
 - a. Review – Section One (Flow)
 - b. Review – Section Two (Refinement)
 - i. Review – Embrace the Tiger, Return to Mountain
 - ii. Review – Roll Back
 - iii. Review – Press
 - iv. Review – Push
 - v. Review – Single Whip
 - vi. Review – Fist Under Elbow
 - vii. Review – Step Back and Repulse Monkey
 - viii. Review – Diagonal Flying
 - ix. Review – Waving Hands like Clouds
 - x. Review – Single Whip
 - xi. Review – Snake Slides Down

Qi Circle

- Closing – Sharing Qi

Week 3

Spring Session

April 11th, 2024

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Review Basic Moves – Part One, Part Two, Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form Yang Style
 - a. Review – Section One (Flow)
 - b. Review – Section Two (Refinement)
 - i. Review – Embrace the Tiger, Return to Mountain
 - ii. Review – Roll Back
 - iii. Review – Press
 - iv. Review – Push
 - v. Review – Single Whip
 - vi. Review – Fist Under Elbow
 - vii. Review – Step Back and Repulse Monkey
 - viii. Review – Diagonal Flying
 - ix. Review – Waving Hands like Clouds
 - x. Review – Single Whip
 - xi. Review – Snake Slides Down
 - xii. Review – Golden Pheasant Stands on Right Leg
 - xiii. Review – Golden Pheasant Stands on Left Leg
 - xiv. Review – Separate the Right Foot
 - xv. Review – Separate the Left Foot
 - xvi. Review – Turn and Strike with Heel
 - xvii. Review – Brush Left Knee and Twist Step
 - xviii. Review – Brush Right Knee and Twist Step
 - xix. Review – Step Forward and Strike with Fist (Low Punch)
 - xx. Review – Step Forward and Ward off Right
 - xxi. Review – Roll Back, Press, Push
 - xxii. Review – Single Whip

Qi Circle

- Closing – Sharing Qi

Week 4

Spring Session

April 18th, 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 Yang Style
 - a. Review – Section One (Flow)
 - b. Review – Section Two (Refinement)
 - c. Section Three
 - i. Review – Fair Lady Weaving the Shuttle (Left)
 - ii. Review – Fair Lady Weaving the Shuttle (Right)
 - iii. Review – Fair Lady Weaving the Shuttle (Left)
 - iv. Review – Fair Lady Weaving the Shuttle (Right)
 - v. Review – Ward off Left
 - vi. Review – Ward off Right
 - vii. Review – Roll Back
 - viii. Review – Press
 - ix. Review – Push
 - x. Review – Single Whip
 - xi. Review – Snake Slides Down

Qi Circle

- Closing – Sharing Qi

Week 5

Spring Session

April 25th, 2024

Training

4. Qi Gong – Water Series (Warm-Ups)
5. Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - c. Review – Part Three
6. Traditional Cheng Man-Ch'ing 37 Short Form Yang Style
 - a. Review – Section One (Flow)
 - b. Review – Section Two (Refinement)
 - c. Section Three
 - i. Review – Fair Lady Weaving the Shuttle (Left)
 - ii. Review – Fair Lady Weaving the Shuttle (Right)
 - iii. Review – Fair Lady Weaving the Shuttle (Left)
 - iv. Review – Fair Lady Weaving the Shuttle (Right)
 - v. Review – Ward off Left
 - vi. Review – Ward off Right
 - vii. Review – Roll Back
 - viii. Review – Press
 - ix. Review – Push
 - x. Review – Single Whip
 - xi. Review – Snake Slides Down
 - xii. Review – Step Forward to Seven Stars
 - xiii. Review – Step Back to Ride the Tiger

Qi Circle

- Closing – Sharing Qi

Week 6

Spring Session

May 2nd, 2024

Training

7. Qi Gong – Water Series (Warm-Ups)
8. Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - c. Review – Part Three
9. Traditional Cheng Man-Ch'ing 37 Short Form Yang Style
 - a. Review – Section One (Flow)
 - b. Review – Section Two (Refinement)
 - c. Section Three
 - i. Review – Fair Lady Weaving the Shuttle (Left)
 - ii. Review – Fair Lady Weaving the Shuttle (Right)
 - iii. Review – Fair Lady Weaving the Shuttle (Left)
 - iv. Review – Fair Lady Weaving the Shuttle (Right)
 - v. Review – Ward off Left
 - vi. Review – Ward off Right
 - vii. Review – Roll Back
 - viii. Review – Press
 - ix. Review – Push
 - x. Review – Single Whip
 - xi. Review – Snake Slides Down
 - xii. Review – Step Forward to Seven Stars
 - xiii. Review – Step Back to Ride the Tiger
 - xiv. Review – Turn the Body and Sweep the Lotus with Leg
 - xv. Review – Bend the Bow to Shoot the Tiger

Qi Circle

- Closing – Sharing Qi

Week 7

Spring Session

May 9th, 2024

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Review Basic Moves
 - a. Review – Part One
 - b. Review – Part Two
 - c. Review – Part Three
3. Traditional Cheng Man-Ch'ing 37 Short Form Yang Style
 - a. Review – Section One (Flow)
 - b. Review – Section Two (Refinement)
 - c. Section Three
 - i. Review – Fair Lady Weaving the Shuttle (Left)
 - ii. Review – Fair Lady Weaving the Shuttle (Right)
 - iii. Review – Fair Lady Weaving the Shuttle (Left)
 - iv. Review – Fair Lady Weaving the Shuttle (Right)
 - v. Review – Ward off Left
 - vi. Review – Ward off Right
 - vii. Review – Roll Back
 - viii. Review – Press
 - ix. Review – Push
 - x. Review – Single Whip
 - xi. Review – Snake Slides Down
 - xii. Review – Step Forward to Seven Stars
 - xiii. Review – Step Back to Ride the Tiger
 - xiv. Review – Turn the Body and Sweep the Lotus with Leg
 - xv. Review – Bend the Bow to Shoot the Tiger
 - xvi. Review – Deflect Downward, Parry and Punch

Qi Circle

- Closing – Sharing Qi

Week 8

Spring Session

May 16th, 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 Yang Style
 - a. Review – Section One (Flow)
 - b. Review – Section Two (Refinement)
 - c. Section Three
 - i. Review – Fair Lady Weaving the Shuttle (Left)
 - ii. Review – Fair Lady Weaving the Shuttle (Right)
 - iii. Review – Fair Lady Weaving the Shuttle (Left)
 - iv. Review – Fair Lady Weaving the Shuttle (Right)
 - v. Review – Ward off Left
 - vi. Review – Ward off Right
 - vii. Review – Roll Back
 - viii. Review – Press
 - ix. Review – Push
 - x. Review – Single Whip
 - xi. Review – Snake Slides Down
 - xii. Review – Step Forward to Seven Stars
 - xiii. Review – Step Back to Ride the Tiger
 - xiv. Review – Turn the Body and Sweep the Lotus with Leg
 - xv. Review – Bend the Bow to Shoot the Tiger
 - xvi. Review – Deflect Downward, Parry and Punch
 - xvii. Review – Withdraw and Push
 - xviii. Review – Crossing Hands and Close

Qi Circle

- Closing – Sharing Qi