

Week 1

New Fall Session

October 31st, 2024

Basics

1. The Difference Between Qi Gong and Tai Chi
2. Who was the Founder? (Zhang San Feng)
3. The Professor - Cheng Man-Ch'ing

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
 - 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

New Fall Session

November 7th, 2024

Basics

1. Important Lesson
 - a. Yiri lian yiri gong. Yiri bu lian shiri kong
 - i. "One day's practice [gains] one day's merit. Skip one day's practice, ten days are lost."

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 – 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 3

New Fall Session

November 14th, 2024

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Basic Moves
 - a. Review – Part One
 - i. Advanced Bear Rooting
 - ii. Balancing Crane
 - 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 4

New Fall Session

November 21st, 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
New Fall Session
November 28th, 2024
NO CLASS

Home 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 6

New Fall Session

December 5th, 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

New Fall Session

December 12th, 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