

Week 1

New Fall Session

October 27th, 2026

Basics (Seated Introduction)

1. Tai Chi – The Supreme Ultimate
2. Dr. Paul Lam and TCAFP
3. Tai Chi Sun Style

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. **Commencement**
 - ii. **Open and Close**
 - iii. **Single Whip (right)**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2

New Fall Session

November 3rd, 2026

Basics

1. Tai Chi Basics
 - a. Salute – Mutual Respect
 - b. Energy Ball – Awake Hands
 - c. Tai Chi Stances and Tai Chi Walking

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Wave Hands (right)**
 - v. Open and Close**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

New Fall Session

November 10th, 2026

Basics

1. Tai Chi Basics
 - a. Movement Control
 - b. Body Structure
 - c. Internal Components

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 4

New Fall Session

November 17th, 2026

Basics

1. Tai Chi Basics
 - a. Breathing
 - b. Weight Transfer
 - c. Situation Awareness

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. **Single Whip (left)**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 5

New Fall Session

November 24th, 2026

Basics

1. Tai Chi Basics
 - a. Dan Tian Breathing Method
 - i. Awareness
 - ii. Relaxation and Balance

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 6

New Fall Session

December 1st, 2026

Basics

1. Tai Chi Basics
 - a. Yin
 - Soft, gentle
 - b. Yang
 - Strong, powerful

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Wave Hands (left)**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 7

New Fall Session

December 8th, 2026

Basics

1. Tai Chi Basics
 - a. Body Awareness
 - b. Comfort Level
 - c. Adjustments

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Open and Close**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 8

New Fall Session

December 15th, 2026

Basics

1. Tai Chi Basics
 - a. Standing Version
 - b. Side Support
 - c. Seated Version

Training

1. Qi Gong – Water Series
2. Dr. Paul Lam Warm-Ups
 - a. Walk around and smile
 - b. Stretching Exercises
3. Tai Chi for Arthritis and Fall Prevention Program (Sun Style)
 - a. The Core 6 Movements (Corrections and Adjustments)
 - i. Review – Commencement
 - ii. Review – Open and Close
 - iii. Review – Single Whip (right)
 - iv. Review – Wave Hands (right)
 - v. Review – Open and Close
 - vi. Review – Single Whip (left)
 - vii. Review – Wave Hands (left)
 - viii. Review – Open and Close
 - ix. **Closing**

Qi Circle

- Cool-Downs
- Closing – Sharing Qi