

Week 1

Summer Session

May 30th, 2026

Basics

1. The Supreme Ultimate
2. Tai Chi Families
3. Yin and Yang Energies

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
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. 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

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 2

Summer Session

June 6th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
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)
 - iv. Review – Repulse Monkey
 - v. Review – Grasp the Sparrow’s Tail Left
 - Ward off Left/Roll Back/Press/Push
 - vi. Review – Grasp the Sparrow’s Tail Right
 - Ward off Right/Roll Back/Press/Push
 - ii. Review – Left Single Whip

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 3

Summer Session

June 13th, 2026

NO CLASS

Home Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
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)
 - vii. Review – Repulse Monkey
 - viii. Review – Grasp the Sparrow’s Tail Left
 - Ward off Left/Roll Back/Press/Push
 - ix. Review – Grasp the Sparrow’s Tail Right
 - Ward off Right/Roll Back/Press/Push
 - iii. Review – Left Single Whip

Qi Circle

- Cool-Downs
- Closing – Sharing Qi

Week 4

Summer Session

June 20th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
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
 - iii. Review – Grasp the Sparrow’s Tail Right
 - Ward off Left/Roll Back/Press/Push
 - Ward off Right/Roll Back/Press/Push
 - iv. Review – Left Single Whip
 - d. 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 5

Summer Session

June 27th, 2026

Training

1. Qi Gong – Water Series (Warm-Ups)
2. Gentle Stretching Movements
3. Introductory Movements and Strength Training
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
 - iii. Review – Grasp the Sparrow’s Tail Right
 - Ward off Left/Roll Back/Press/Push
 - Ward off Right/Roll Back/Press/Push
 - iv. Review – Left Single Whip
 - e. Section Three
 - i. Review – Wave Hands Like Clouds (3)
 - ii. Review – Left Single Whip
 - iii. Review – High Pat on Horse
 - iv. Review – Right Heel Kick

Qi Circle

- Cool-Downs
- Closing – Sharing Qi