

## Online Tai Chi April - May 2026

### Tai Chi Syllabus: April - May 2026

Class Format (the format will vary but will include some or all of the following each week)

- Warmups
- Qi Gong movements
- Rotating Practice – Yang 24, and SUN 73
- Tai Chi for Energy (TCE)
- Tai Chi for Rehabilitation (TCR)
- Qi Gong movements
- Cooldowns

**“New”** We will continue practicing a variety of our Tai Chi footwork (aka walking) and add a few new ones to the mix.

During this session we will be revisiting and refining 4 of the forms that appear in the Yang 24.

1. **Single Whip & Wave Hands Like Clouds Forms 9-11**
2. **Repulse the Monkey Form 6**
3. **Box Ears & Heel Kick Forms 14 & 15**
4. **Fan Through the Back Form 20**

During this session we will be revisiting and refining 4 of the forms that appear in the SUN73.

1. **Punch Under Elbow Form 22**
2. **Part the Horse’s Mane Form 49**
3. **Wave Hands & Lowering Movement Form 55**
4. **The Shuttles Form 58**

**All classes for the 8 weeks are online via ZOOM.**

**Session Length:** 8 weeks

**Day and Time:** Wednesdays from 9:30 – 10:30 am

**Cost:** \$70.00 for the 8- week session. (\$10/class plus one class extra for make-up if you miss one or a free one for perfect consistency).

Send checks made out to Helen McCarthy to:

PO Box 135

Alplaus, NY 12008

### The Schedule

4/1	4/8	4/15	4/22	4/29	5/6	5/13	5/20
Class 1	Class 2	Class 3	Class 4	Class 5	Class 6	Class 7	Class 8