

Online Tai Chi June – July 2026

Tai Chi Syllabus: June-July 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

You Asked

The Seven Stars in Tai Chi stands for the 7 joints of the upper torso which unite as one: 2 shoulders, 2 elbows, 2 wrists and one neck. That's only 1 interpretation. There are many.

If on the other hand Tai Chi evolved from India (Yoga) then the Seven Stars may just be the 7 Chakras.

The Schedule

Date	5/27	6/3	6/10	6/17	6/24	7/1	7/8	7/15
Class #	Class 1	Class 2	Class 3	Class 4	Class 5	Class 6	Class 7	Class 8
Style	SUN73	Yang 24	SUN73	Yang 24	SUN73	Yang 24	SUN73	Yang 24
Form No.	66-67	3	68-69	7-8	70-71	16-17	72-73	18
Form Name	Lowering Movement & Seven Stars	White Crane	Ride the Tiger & Lotus Kick	Grasp the Sparrow's Tail	Draw Bow & Shoot Tiger & Double Punch	Snake Creeps Down & Rooster Stands on 1 Leg	Yin & Yang merge & the Closing	Fair Lady Works the Shuttles

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:

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