

Online Tai Chi July – September 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

The Mirror Image is Challenging but it will bring you Yang 24 to another level and it will help your cognitive skills.

We will take learning the mirror image in batches (see below in the schedule area).

The Schedule

Date	7/22	7/29	8/5	8/12	8/19	8/26	9/2	9/9	9/16
Class #	Class 1	Class 2	Class 3	Class 4	Class 5	Class 6	Class 7	No classes	Class 8
Style	SUN73	Yang 24	SUN73	Yang 24	SUN73	Yang 24	SUN73		Yang 24
Form No.	1-9	1-5	10-20	6-11	21-28	12-17	29-36		18-24
Form Name	Opening Sequence	Opening - Mirror Image	Brush Knee-Open/Close	Monkeys -Second Single Whip-Mirror Image	Single Whip back – Open/Close	High Pat -Snake Creeps Down-Mirror Image	Single Whip – Subdue the Tiger		Fair Lady Works the Shuttles – End- Mirror Image

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

Announcements: extra ways to enhance your Tai Chi.

Glenville/Scotia Senior Center offers the following classes in person if you desire to have some more Tai Chi in your life. They do require that you are a member(\$30/year).

Beginner Gentle Tai Chi

Wednesdays, 11 am (Class is advertised as suitable for anyone. It might be a relaxing but not challenging for you at this point in your practice. It would depend on what you are looking for).

MVP Intermediate Tai Chi for Health and Fall Prevention

Wednesdays 1:15-2:00pm, July 8-August 12. (Talking with people there, they are doing the SUN 73 and will continue even after this session. They are somewhere around “Subdue the Tiger” for the first time).

Wu Tai Chi Class

Fridays: 10:30 – 11:30 am. 7/10-8/28 Skip 7/24 (7week session). This is a new form taught by Tony Grimaldi. The cost is \$49 per person in addition to the membership fee for the Senior Center (\$30 for the year). If interested contact Tony at New Moon Tai Chi at 518-469-4461 to register or to ask for information. I am taking this class. It is gentle and just a very peaceful way to do Tai Chi. Tony is a very good teacher and nice person.

Tai Chi Practice

Tuesdays, 9-10 am. (This is a group of people who are taking classes and want to practice. It is relaxed and easy to follow). I also attend this session when I can.

The Albany Asian Arts is sponsoring the following event. (This is their description)

Depth of Yang-24. September 19 and 20, 2026. Dr. Hong Yang will be in Albany to conduct a workshop that will take everyone deeper into the Yang family postures and theory. You do NOT have to be an expert in the routine to attend.

Dr. Yang s a family inheritor of Traditional Chinese Kungfu and has been practicing Tai Chi since the age of five. Her background includes a PhD from Nanjing University of Chinese Medicine and an MBA in International Business Management Her unique combination of traditional training and modern academic insights offers a deepened understanding of Tai Chi principles. Join us for this exceptional opportunity to learn from her practical and hands-on presentations.

Location: St. Rose Athletic Center in Albany. Lots of parking.

Cost: \$385. Early bird is \$360, through September 9. (Payment must be received by September 9 to receive the Early Bird rate.) **I have the registration form if anyone is interested in this event.**