

ACADEMY OF TAI CHI

4th Quarter September 19, 2019 – December 12, 2019

Thursday Practice

Sensing/Push Hands	6.00 tp 6.30	Jim-Mark
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	Warm Up	Brk Post	Tai Chi	Instructors
Level- I	6:30 - 6:50 p.m.	5" 5"	7:00 - 7:40 p.m.	Jim
Level -II	6:30 - 6:50 p.m.	5" 5"	7:00 - 7:40 p.m.	
Mirror	6:45 – 7:55 p.m.			Jim
Practice Group	6:30 - 6:50 p.m.	5" 5"	7:00 - 7:30 p.m. + CQ	Sheryl/Mark
Break-7:40-7:45	7"40-7:45			

<u>Mirror</u> 7:45 – 7:55	<u>Every Practice</u>	<u>Jim</u>
<u>Symmetrical Set</u> 7:45-7:55	Every practice	All Instructors
<u>Sword</u> 8:00 - 8:30	9/19, 10/17, 11/14	All Instructors
<u>1x-Yang Fast Set: Dong refine</u> 8:00 – 8:30	9/26, 10/24, 11/21	All Instructors
<u>Saber</u> 8:00 – 8:30	10/3, 10/31, 12/5	All Instructors
<u>1x -Dong Fast Set: Yang refine</u> 8:00-8:30	10/10, 11/7, 12/5	All Instructors

SATURDAY PRACTICE

Levels & Groups	Warm-Up	Chi Kung Break	Tapping	Practice	Fan						
Practice Group	7:30-7:55	8:00-8:20	8:20-8:25	8:25-9:00							
Level 1-4				8:25-9:00							
Mirror				8:25-9:00							
Fan Set					9:30-9:50						
Soaring Crane		<table border="1"> <tr><td>9/21</td><td>11/2</td></tr> <tr><td>10/5</td><td>11/16</td></tr> <tr><td>10/19</td><td>12/7</td></tr> </table>	9/21	11/2	10/5	11/16	10/19	12/7			
9/21	11/2										
10/5	11/16										
10/19	12/7										
Wild Goose		<table border="1"> <tr><td>9/28</td><td>11/9</td></tr> <tr><td>10/12</td><td>11/23</td></tr> <tr><td>10/26</td><td></td></tr> </table>	9/28	11/9	10/12	11/23	10/26				
9/28	11/9										
10/12	11/23										
10/26											
Sensing-Push hands					9:50-10:00						

Holiday-Thanksgiving- 11/28, 11/30/2019

DEMONSTRATION: December 12, 2019

Start of 1st Q 2020- January 9, 2020