

ACADEMY OF TAI CHI

1st Quarter January 3, 2019 – March 21, 2019

THURSDAY PRACTICE

	Warm Up	Brk Post		Tai Chi	CQ	Instructors
Level I	6:30 - 6:50 p.m.	5"	5"	7:00 - 7:40 p.m.		
Level II	6:30 - 6:50 p.m.	5"	5"	7:00 - 7:40 p.m.		
Level III	6:30 - 6:50 p.m.	5"	5"	7:00 - 7:40 p.m.		Mark
Level IV	6:30 - 6:50 p.m.	5"	5"	7:00 - 7:40 p.m.		
Practice Group	6:30 - 6:50 p.m.	5"	5"	7:00 - 7:30 p.m. + 10		Sheryl/ Jim/Sue
Break-7:40-7:45						
<u>Symmetrical Set</u> 7:45-7:55		Every practice			All Instructors	
<u>Sword</u> 8:00 - 8:30		1/3, 1/31, 2/28			All Instructors	
<u>Yang Fast Set</u> 8:00 – 8:30		1/10, 2/7, 3/7			All Instructors	
<u>Saber</u> 8:00 – 8:30		1/17, 2/14, 3/14			All Instructors	
<u>Dong Fast Set</u> 8:00-8:30		1/24, 2/21,			All Instructors	

SATURDAY PRACTICE

Levels & Groups	Warm-Up	Chi Kung Break	Tapping	Practice	Sensing/Push Hands
Practice Group	7:30-7:55	8:00-8:30	8:40-8:45	8:45-9:20	9.20-9.40
Level 1-4				8:45-9:20	
Mirror				8:45-9:20	
Fan Set					
Soaring Crane		1/5, 1/19, 2/2, 2/16, 3/2, 3/16			
Wild Goose		1/12, 1/26, 2/9, 2/23, 3/9			

DEMONSTRATION: March 21, 2019

2nd Quarter: Start of Classes: March 28, 2019