

ACADEMY OF TAI CHI

3rd Quarter June 20, 2019 – September 12, 2019

THURSDAY PRACTICE

	Warm Up	Brk Post	Tai Chi	Instructors
Level- I	6:30 - 6:50 p.m.	5" 5"	7:00 - 7:40 p.m.	Sue
Level -II	6:30 - 6:50 p.m.	5" 5"	7:00 - 7:40 p.m.	
Refinement	6:30 - 6:50 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				
<u>Symmetrical Set</u> 7:45-7:55		Every practice		All Instructors
<u>Sword</u> 8:00 - 8:30		6/20, 7/25		All Instructors
<u>1x-Yang Fast Set: Dong refine</u> 8:00 – 8:30		6/27, 8/8,		All Instructors
<u>Saber</u> 8:00 – 8:30		7/11, 8/15,		All Instructors
<u>1x -Dong Fast Set: Yang refine</u> 8:00-8:30		7/18, 8/22		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>6/22</td><td>8/10</td></tr> <tr><td>7/10</td><td>8/24</td></tr> <tr><td>7/27</td><td>9/5</td></tr> </table>	6/22	8/10	7/10	8/24	7/27	9/5			
6/22	8/10										
7/10	8/24										
7/27	9/5										
Wild Goose		<table border="1"> <tr><td>6/29</td><td>8/17</td></tr> <tr><td>7/20</td><td>8/31</td></tr> <tr><td>8/3</td><td></td></tr> </table>	6/29	8/17	7/20	8/31	8/3				
6/29	8/17										
7/20	8/31										
8/3											
Sensing-Push hands					9:50-10:00						

Holiday-Fourth of July 4, July 6

DEMONSTRATION: September 12, 2019

4th Quarter: Start of Classes: September 19, 2019