

ACADEMY OF TAI CHI CHUAN - PASADENA

1st Quarter January 8, 2020 – March 25, 2020

Wednesday Practice

	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.	Sue							
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	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	Mark								
<u>Sword</u> 8:00 - 8:30		1/8, 2/5, 3/4	All Instructors								
<u>1x-Yang Fast Set: Dong refine</u> 8:00 – 8:30		1/15, 2/12, 3/11	All Instructors								
<u>Saber</u> 8:00 – 8:30		1/22, 2/19, 3/18	All Instructors								
<u>1x -Dong Fast Set: Yang refine</u> 8:00-8:30		1/29, 2/26	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>Jan. 11</td> <td>Feb. 22</td> </tr> <tr> <td>Jan. 25</td> <td>Mar. 7</td> </tr> <tr> <td>Feb. 8</td> <td></td> </tr> </table>	Jan. 11	Feb. 22	Jan. 25	Mar. 7	Feb. 8				
Jan. 11	Feb. 22										
Jan. 25	Mar. 7										
Feb. 8											
Wild Goose		<table border="1"> <tr> <td>Jan. 18</td> <td>Feb. 29</td> </tr> <tr> <td>Feb.1</td> <td>Mar.14</td> </tr> <tr> <td>Feb. 15</td> <td></td> </tr> </table>	Jan. 18	Feb. 29	Feb.1	Mar.14	Feb. 15				
Jan. 18	Feb. 29										
Feb.1	Mar.14										
Feb. 15											

DEMONSTRATION: March 25, 2020: 800 PM
Start of 2nd Quarter 2020- April 1, 2020