

Detailed schedule - New TCA/FP Agenda on Zoom in 2020:

Dec 7-9 (M-W) 1 hr Individual Tech Check

Individual participant sign up for an hour session of set up and preview of forms.

Mon - 11-12, 12:30- 1:30, 2-3, Tues or Wed 9:30- 10:30, 11-12, 12:30-1:30, 2-3

Dec 10&11(Th & F 12-5 pm) Full Group Sessions

Dec. 10 Thurs Day 1

12-1 pm Talk: What is Tai Chi and History

1-2 pm Forms: Warm up/ Commencement

15 min break

2:15-3:15 Talk: TCA & FP and tai chi discussion

3:15 - 4:15 Forms: Open/Close & Single Whip

4:15- 4:45 Dantian Breathing

Dec. 11 Fri Day 2

12-1pm Forms: Practice & Wave Hands

1-2pm Talk: Safety

15 min Break

2:15-3:15pm Forms: Brush Knee

3:15 -4:15pm Forms: Play the Lute

4:15 - 4:45 Intro to Teaching

Dec 14-16 (M-W) 1hr Individual Review of Forms

Individual practice on Basic 6 1 hour

Mon - 11-12, 12:30- 1:30, 2-3, Tues or Wed 9:30- 10:30, 11-12, 12:30-1:30, 2-3

Dec 17 (Th 8am-1pm) - Full Group Session

Dec. 17 Thurs Day 3

8- 9am Practice 30 min

9-10pm Teaching Discussion (general & Zoom) Break Out session- Practice Zoom Use- punch

15 min Break

10:15 - 11:15 Stepwise Break Out 1 or Test Break Out 2 or Test (if more than 8 participants)

11:15- 11:45 What is next

11:45 - 12:00 Principles

12:00 -12:45 Block & close/Push the Mountain/Closing- Practice with the Principles 12:45 -

1pm Take Aways

Dec 17 (Th 1:30-6:15 PM) - Group of 3 - Stepwise Review

Groups of 3's to demonstrate Teaching Method and comfort on Zoom 1:30-2:30, 2:45- 3:45, 4-5,

5:15- 6:15

Dec 18 (F)- Reserved for any additional Form review needed for passing. (This will be agreed upon on the week of.)