

The cornerstone curriculum of Exploring Taiji is divided into the following 125 weekly video lessons:

Week 1: Loosening and warmup exercises

Week 2: Wuji and Basic-connection exercise

Week 3: Loosening exercise 1

Week 4: Standing meditation

Week 5: Loosening exercise 3

Week 6: Up and down movement

Week 7: Loosening exercise 5

Week 8: Introduction to and opening of the taiji form

Week 9: Left ward off

Week 10: Grasp sparrows tail – part 1

Week 11: loosening exercise 4

Week 12: Grasp sparrows tail – part 2

Week 13: Single whip

Week 14: Partner exercise – learning to let go

Week 15: Raise hands and shoulderstroke

Week 16: Loosening exercise 2

Week 17: White crane spreads its wings and brush knee

Week 18: Play guitar and brush knee

Week 19: Step up, parry and punch

Week 20: Walking exercise – traditional taiji walking

Week 21: Apparent close, cross hands and closing of the sequence

Week 22: First section of master Huang Xiangxian's Taijiform – the whole section

Week 23: Partner exercise – pushing shoulders and hips

Week 24: Partner exercise – double shoulderroll

Week 25: Partner exercise – slow push

Week 26: Setting the shoulders

Week 27: Standing meditation – the 3 basic positions

Week 28: Stepping – the way we do it in master Sam Tams form

Week 29: Soaring crane #1 – opening the shoulders and shouldergirdle

Week 30: Introduction to the taijiform of master Sam Tam and the opening of the form

Week 31: Left ward off and right ward off

Week 32: Grasp Sparrows Tail – roll back, press and push

Week 33: Sensing and sinking the Qi

Week 34: Single whip

Week 35: Raise hands and shoulder stroke

Week 36: White Crane spreads its wings and brush knee

Week 37: Play guitar and brush knee 2

Week 38: Apparent close, cross hands and closing of the sequence

Week 39: 1st section of master Sam Tam's form

Week 40: Carry tiger over the mountain, grasp sparrows tail and diagonal single whip

Week 41: Fist under elbow

Week 42: Repulse monkey and diagonal flying

Week 43: Wave hands and single whip

Week 44: 2nd section of Sam Tams form

Week 45: Snake creeps down and golden rooster

Week 46: Separate the legs and brush knee

Week 47: Needle at the bottom of the sea and fan through the back

Week 48: Elbow stroke, roll back and low punch

Week 49: Grasp sparrows tail, single whip and 3rd part of Sam Tams form

Week 50: Fair lady works shuttles/four corners

Week 51: Left ward off, grasp sparrows tail and single whip

Week 52: Snake creeps down and high single whip

Week 53: Step up to seven stars and retreat to ride tiger

Week 54: Turn body, sweep lotus step, bend bow and shoot tiger

Week 55: Step up, parry and punch, apparant close, cross hands and closing of the sequence

Week 56: Sam Tams taiji form – the whole form

Week 57: Soaring crane 2nd set, part one

Week 58: Chen style, 1st routine, part one

Week 59: Basic connection exercise – “The flying exercise” – revisited with focus on Qi

Week 60: Four corner Short Form with focus on the Qi – part 1

Week 61: Four corner Short Form with focus on the Qi – part 2

Week 62: Standing mediation – revisited with new details

Week 63: Song Gong 1, level 2

Week 64: Special exercises to work on the midsection – tantien, yao and qua

Week 65: Song Gong 6, level 1

Week 66: Song Gong 7, level 1

Week 67: Soaring Crane 3, part 1

Week 68: Taijiball

Week 69: Fajin – release of energy

Week 70: Taijibang

Week 71: Song Gong 6 – working with a partner

Week 72: Song Gong 7 – working with a partner

Week 73: Standing meditation – using the taijibang

Week 74: Bouncing exercises – experienced

Week 75: Standing meditation – advanced level 1

Week 76: Soaring crane qigong 1 – the full set

Week 77: First section of Master Sam Tam’s Form with focus on Qi – part 1

Week 78: Yielding – like a ball on water

Week 79: First section of Master Sam Tam’s Form with focus on Qi – part 2

Week 80: Single movement practice – diagonal flying and roll back

Week 81: First section of Master Sam Tam's Form with focus on Qi – part 3

Week 82: Partner exercise – ward off

Week 83: First section of Master Sam Tam's Form with focus on Qi – part 4

Week 84: "Dynamic" pushhands

Week 85: First section of Master Sam Tam's Form with focus on Qi – part 5

Week 86: Reverse breathing

Week 87: First section of Master Sam Tam's Form with focus on Qi – part 6

Week 88: Standing meditation – advanced level 3, opening up

Week 89: First section of Master Sam Tam's Form with focus on Qi

Week 90: Breathing exercise

Week 91: Yielding – firm

Week 92: Solo exercise – focus on the Qi

Week 93: Partner exercise – use the structure

Week 94: Single movement practice – repulse monkey, slanting flying and wave hands

Week 95: Partner exercise – focus on roll back and sticking

Week 96: Partner exercise – connect to the tension using the shirt

Week 97: Baduanjin – focus on Qi and opening_2

Week 98: Partner exercise with a ball

Week 99: Standing meditation – advanced level 2, "shrinking the bones"

Week 100: Soaring crane 3 – the full set

Week 101: Partner exercise – connect with both arms and to the partner

Week 102: Bouncing exercise – experienced 2

Week 103: Five animal Qi Gong, The Bear – part 1

Week 104: Five animal Qi Gong, The Bear – part 2

Week 105: Five animal Qi Gong, The Bear – part 3

Week 106: "The flying exercise" – revisited

Week 107: "The flying exercise" – revisited with a partner.

Week 108: Turning and opening

Week 109: Sitting meditation

Week 110: Turning and opening – partnerexercise

Week 111: Pole exercises – for power

Week 112: Qinna

Week 113: Baduanjin – a few applications

Week 114: Push exercise – focusing on Qi

Week 115: The canoe exercise – partnerexercise

Week 116: Taiji Sanshou Form – part one

Week 117: Taiji Sanshou Form – part two

Week 118: Taiji Sanshou Form – part three

Week 119: Taiji Sanshou Form – part four

Week 120: Taiji Sanshou Form – the full set

Week 121: Song gong exercises 3 (level 2) – focusing on Qi

Week 122: Taiji punch – the mechanics and energetics behind

Week 123: Standing meditation

Week 124: Power exercises

Week 125: The final session