

## Update: Revised Timetable (Effective 1 May 2026)

The following schedule is now in effect. I am open to suggestions for additional daytime slots on Mondays (subject to school runs), Tuesdays, and Thursdays—whether White Crane (白鹤), Tàijǐ (太极), or 1:2:1s.

Day	Time	Class / Activity	Notes
<b>Monday</b>	9:30 - 10:30	<b>Foundational Mechanics</b>	Focus on slowly working the basic practice methods of Hùnyuán Zhànzhūāng (浑元站桩) and Sōngshēn Wǔfǎ 松身五法 and applying in single posture practice rather than whole forms.  A little (not a lot) of experience in our Taiji approach is preferred
	11:00 - 12:00	<b>Quiet Sitting</b>	Notify me beforehand to join. Exploring <b>sōng</b> (松) and <b>yì</b> (意). Suggestion: paste into AI and ask how these terms relate to body structures and gravity  I am happy for this to be treated as a drop in, rather than regular, class  I will lockout the class at 11:05
	18:00 – 19:00	<b>Refined Form</b>	Exploring refined form principles. Attendance by agreement.
<b>Tuesday</b>	12:00 – 13:00	<b>Refined Form</b>	Exploring refined form principles. Attendance by agreement.
	13:30 – 14:30	<b>1:2:1 Session</b>	Regular 121 commitment.



<b>Thursday</b>	8:30 - 9:30	<b>Tàijí Melbourne Class</b>	Suitable for students new to our School but with experience of training Taiji. The time of the class will vary during the year as it is aligned to 7pm Melbourne time. <b>It is exploring floor practice at present</b>
	13:00 – 14:00	<b>Tàijí Non-beginners</b>	For students who have completed at least one round of the short form as taught within our school.
	18:30 – 19:30	<b>White Crane Basics &amp; Forms</b>	Beginners welcome.
	19:45 – 20:45	<b>Tàijí Basics &amp; Short Form</b>	Beginners welcome.
<b>Saturday</b>	08:00 – 09:00	<b>Quiet Sitting</b>	<p>Notify me beforehand to join. Exploring <b>sōng (松)</b> and <b>yì (意)</b>. Suggestion: paste into AI and ask how these terms relate to body structures and gravity</p> <p>I am happy for this to be treated as a drop in, rather than regular, class</p> <p>I will lockout the class at 11:05</p>
<b>Sunday</b>	08:30 – 09:30	<b>Floor Class</b>	Exploring <b>sōng (松)</b> and <b>yì (意)</b> . Content depends on who attends! Suggestion: paste into AI and ask how these terms relate to body structures and gravity



