

	2022	<p style="text-align: center;">Teacher Training Class Syllabus</p> <p style="text-align: center;">Copyright materials</p> <p style="text-align: center;">Wen Wu School reserves the right to make minor changes without prior notification</p>
1	9/10	Introduction of class. Students Introduction. Warm up exercises and movement #1-7
2	9/17	<p style="text-align: center;">Warm up exercises</p> <p style="text-align: center;">Review #1-7</p>
3	9/24	<p style="text-align: center;">Warm up exercises</p> <p style="text-align: center;">Teaching movement #8 to 15</p> <p style="text-align: center;">Theory #1-7</p> <p style="text-align: center;"><i>The Meridians Theory</i></p>
4	10/8	<p style="text-align: center;">Warm up exercises</p> <p style="text-align: center;"><i>The Collateral</i></p> <p style="text-align: center;">Review #8-15</p>
5	10/15	<p style="text-align: center;">Warm up exercises</p> <p style="text-align: center;">Teaching movement #15-21</p> <p style="text-align: center;">Theory #8-15</p>
6	10/22	<p style="text-align: center;">Written Quiz #1 on</p> <p style="text-align: center;"><i>The Meridians and Collateral</i></p> <p style="text-align: center;">And movement theory #1 to #15</p> <p style="text-align: center;">Teaching Theory #16-21</p>

7	11/12	Movement Quiz #1 on movement #1 to #21
8	11/19	Warm up exercises Review #1-21 <i>The Footwork</i>
9	12/10	Warm up exercises Teaching movement #22-28 Theory #22-28
10	12/17	Warm up exercises Review #22-28 Teaching movement #29-33
11	1/14	Warm up exercises Review #29-33 Theory #29-33
12	1/21	Warm up exercises Teaching movement #34-38 Theory #34-38
13	1/28	Warm up exercises <i>Modified Warm up and Qigong Movements #1 to #33</i> Review #34-38

14	2/11	<p>Warm up exercises</p> <p>Teaching movement #39-45</p> <p>Theory #39-45</p>
15	2/18	<p>Written Quiz # 2</p> <p>More details to follow on quiz</p> <p>Movement review #22-45 (preparing for movement quiz #2)</p>
16	2/25	<p>Movement Quiz # 2 on Movements #22-45</p> <p>More details to follow on quiz</p>
17	3/11	<p>Warm up exercises</p> <p>Teaching movement #46-50</p> <p>Theory #46-50</p> <p><i>"The Eyes"</i></p>
18	3/18	<p>Warm up exercises</p> <p>Review #46-50</p>
19	3/25	<p>Warm up exercises + <i>The Qi and blood Theory. Different Qi sensations.</i></p> <p><i>(Do not be absent)</i></p>
20	4/8	<p>Warm up exercises</p> <p><i>The Zang-Fu Theory</i></p>
21	4/15	<p>Warm up exercises</p>

		Review #46-50
22	4/22	Warm up exercises <i>The Yin and Yang Theory</i>
23	5/13	Warm up exercises <i>The Five Element Theory</i>
24	5/20	Written Quiz # 3 More details to follow on quiz
25	5/27	Warm up exercises Teaching movement #51-54 Theory: #51-54
26	6/10	Warm up exercises <i>Qigong and Logistics and Marketing</i> Review #51-54
27	6/17	Warm up exercises Teaching movement #55-59 Theory: #55-59
28	6/24	Warm up exercises Review #55-59
29	7/8	Warm up exercises Teaching movement #60-64

		Theory #60-64
30	7/15	<i>Modified Warm up and Modified Qigong Movements #60-64</i> <i>How to avoid challenges and injuries</i>
31	7/22	Warm up exercises <i>Teachers and Students Relationship</i> Review #34-64
32	8/12	Movement Quiz #3 on Movements #46-64 More details to follow on quiz
33	8/19	Written Final Review: Qigong final exam sign-up sheet posting
34	9/9	No class
35	9/16	
35	9/23	Written final exam
36	10/8	Physical final exam
37	10/15	Physical final exam
	11/15	Final grade posting
	12/9	Commencement