



# New Hampshire Tai Chi Chuan Center

[www.nhyangtaichi.com](http://www.nhyangtaichi.com)

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## **The lesson plan for a 12-week, one-hour one class a week program teaching the Tai Chi Kung Form:**

- ☯ Week 1: Registration and introduction information. Start warm-up exercises (with explanations)  
Demonstration of Tai Chi Kung Form  
Tai Chi Walk – proper footwork and foundation established  
Introduce Preparation Form
- ☯ Week 2: Warm-ups and practice Preparation Form  
Introduce 1 (Opening, Single Whip) & 2 (Fist Under Elbow)
- ☯ Week 3: Warm-ups and practice form  
Review 1 & 2  
Introduce 3 (Left & Right Step Back and Repulse the Monkey)
- ☯ Week 4: Warm-ups and practice form  
Introduce 4 (Brush Knee and Push) & 5 (Right and Left Parting Wild Horse's Mane)
- ☯ Week 5: Warm-ups and practice form  
Introduce 6 (Right and Left Fair Lady Works at Shuttles)
- ☯ Week 6: Warm-ups and practice form  
Review 4 through 6
- ☯ Week 7: Warm-ups and practice form  
Introduce 7 (Turn Body and Left Heel Kick)
- ☯ Week 8: Warm-ups and practice form  
Introduce 8 (Step Forward, Parry, Block and Punch)
- ☯ Week 9: Warm-ups and practice form  
Review 7 & 8
- ☯ Week 10: Warm-ups and practice form  
Introduce 9 (Step Forward and Grasp the Bird's Tail)
- ☯ Week 11: Warm-ups and practice form  
Review 9
- ☯ Week 12: Warm-ups and practice form  
Introduce 10 (Cross Hands, Closing) and (Return to Starting Position)  
Finish and review form.

The 12-week program has a primary goal of instructing the students in the Tai Chi Kung Form. At the end, the students will have learned a simplified form. This gives them a sense of accomplishment. Options for continuation in their studies of Yang Family Tai Chi are presented at the end of each session.