



New Hampshire Tai Chi Chuan Center

www.nhyangtaichi.com

Lesson plans for teaching Part I of the Yang Family 103 Movement Hand Form

Lesson plan for an 8-week, one-hour one class a week introduction program:

- ☯ Week 1: Registration and introduction information. Start warm-up exercises (with explanations)
Demonstration of Part I of the 103 Movement Hand Form
Tai Chi Walk – proper footwork and foundation established
Introduce Preparation Form, 1 (Opening)
- ☯ Week 2: Warm-ups and practice Preparation Form & 1
Introduce 2 (Grasp the Bird's Tail)
- ☯ Week 3: Warm-ups and practice form
Review 1 & 2
- ☯ Week 4: Warm-ups and practice form
Introduce 3 (Single Whip)
- ☯ Week 5: Warm-ups and practice form
Review 3 and introduce 4 (Raise Hands and Step Up)
- ☯ Week 6: Warm-ups and practice form
Review 4 and introduce 5 (White Crane Spreads Wings)
- ☯ Week 7: Warm-ups and practice form
Review 5 and introduce 6 (Left Brush Knee and Push)
- ☯ Week 8: Warm-ups and practice form
Review 6 and introduce 7 (Hand Strums the Lute)
Briefly introduce remainder of Part 1

The introduction class has a primary goal of instructing the students in the first 7 movements of Part I of the 103 Movement Hand Form. At the end, the students will have learned the beginning of the long form. Options for continuation in their studies of Yang Family Tai Chi are presented at the end of each session.

Lesson plan for an 8-week, one-hour one class a week continuation program:

- ☯ Week 1: Registration and introduction information
Warm-ups and practice form
Review 1 through 7 and introduce Brush Knee/ Hand Strums the Lute sequence (moves 6 – 12):
6 (Left Brush Knee and Push), 7 (Hand Strums the Lute), 8 (Left Brush Knee and Push), 9 (Right Brush Knee and Push), 10 (Left Brush Knee and Push), 11 (Hand Strums the Lute), 12 (Left Brush Knee and Push)
- ☯ Week 2: Warm-ups and practice form
Review 6 through 12, focus on sequence and transitions
- ☯ Week 3: Warm-ups and practice form
Review 1 through 12, focus on sequence and transitions
- ☯ Week 4: Warm-ups and practice form
Introduce 12 (Step Forward, Parry, Block and Punch)
- ☯ Week 5: Warm-ups and practice form
Introduce 13 (Step Forward, Parry, Block and Punch)
- ☯ Week 6: Warm-ups and practice form
Review 13
- ☯ Week 7: Warm-ups and practice form
Introduce 14 (Apparent Closing)
- ☯ Week 8: Warm-ups and practice form
Introduce 15 (Cross hands) & 16 (Closing), finish and review form.

The continuation class has a primary goal of instructing the students in the remainder of Part I of the 103 Movement Hand Form. At the end, the students will have learned Part I of the long form and a foundation for further study of Yang Family Tai Chi. Options for continuation in their studies of Yang Family Tai Chi are presented at the end of each session.