



New Hampshire Tai Chi Chuan Center

www.nhyangtaichi.com

The lesson plan for a 12-week, one-hour once a week class program teaching the 13 Movement Hand Form:

- ☯ Week 1: Registration and introduction information. Start warm-up exercises (with explanations)
Demonstration of 13 Movement Hand Form
Tai Chi Walk – proper footwork and foundation established
Introduce Preparation Form, 1 (Beginning)
- ☯ Week 2: Warm-ups and practice Preparation Form, 1
Introduce 2 (Cloud Hands) & 3 (Single Whip)
- ☯ Week 3: Warm-ups and practice form
Review 1-3 and introduce 4 (Fist Under Elbow) & 5 (White Crane Spreads Its Wings)
- ☯ Week 4: Warm-ups and practice form
Review 4 & 5 and introduce 6 (Left Brush Knee and Push) & 7 (Hand Strums the Lute)
- ☯ Week 5: Warm-ups and practice form
Review 1-7 and introduce 8 (High Pat Horse with Palm Thrust)
- ☯ Week 6: Warm-ups and practice form
Introduce 9 (Turn Body and Flip Fist Past Body)
- ☯ Week 7: Warm-ups and practice form
Review 9 (Turn Body and Flip Fist Past Body)
- ☯ Week 8: Warm-ups and practice form
Introduce 10 (Step Forward, Parry, Block and Punch)
- ☯ Week 9: Warm-ups and practice form
Review 10 (Step Forward, Parry, Block and Punch)
- ☯ Week 10: Warm-ups and practice form
Introduce 11 (Step Forward and Grasp the Bird's Tail)
- ☯ Week 11: Warm-ups and practice form
Review 11 (Step Forward and Grasp the Bird's Tail)
- ☯ Week 12: Warm-ups and practice form
Introduce 12 (Cross hands) & 13 (Closing), finish and review form.

The 12-week program has a primary goal of instructing the students in the 13 Movement Hand 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.