



New Hampshire Tai Chi Chuan Center

www.nhyangtaichi.com

The lesson plan for a 10-week, one class a week program teaching the Yang Family 16 Movement Hand Form:

- ☯ Week 1: Registration and introduction information. Start warm-up exercises (with explanations)
Demonstration of 16 Movement Hand Form
Preparation Form, 1 (Beginning), 2 (Cloud Hands), 3 (Single Whip)
- ☯ Week 2: Practice learned moves and review Preparation Form through Single Whip
Introduce 4 (Fist Under Elbow) and 5 (White Crane Spreads Its Wings)
- ☯ Week 3: Practice learned moves and review forms 4 & 5
Introduce 6 (Left Brush Knee and Push), and 7 (Hand Strums the Lute)
- ☯ Week 4: Practice learned moves and review forms 6 & 7
Introduce 8 (Step Back and Repulse the Monkey), and 9 (Left Strike Tiger)
- ☯ Week 5: Practice learned moves and review forms 8 & 9
Introduce 10 (Parting Wild Horse's Mane), and 11 (Step Forward and Punch Groin)
- ☯ Week 6: Practice learned moves and review forms 10 & 11
Introduce 12 (Turn Body and White Snake Spits Out Tongue)
- ☯ Week 7: Practice learned moves and review form 12
Introduce 13 (Step Forward, Parry, Block and Punch)
- ☯ Week 8: Practice learned moves and review form 13
Introduce 14 (Step Forward and Grasp the Bird's Tail)
- ☯ Week 9: Practice learned moves
Review 13 (Step Forward, Parry, Block and Punch), and 14 (Step Forward and Grasp the Bird's Tail)
- ☯ Week 10: Practice learned moves
Introduce 15 (Cross Hands), 16 (Closing), and Return to Normal
Finish form, do final review and practice entire form several times

The 10-week program has an ambitious goal of instructing the students in the 16 Movement Hand Form. It is strongly recommended that this be a 1 ½ - 2 hour long class to finish in the 10 weeks. 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.