



New Hampshire Tai Chi Chuan Center

www.nhyangtaichi.com

The lesson plan for a 12-week, one-hour one class a week program teaching the 16 Movement Hand Form:

- ☯ Week 1: Registration and introduction information. Start warm-up exercises (with explanations)
Demonstration of 16 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 (Beginning)
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 6 & 7 and introduce 8 (Step Back and Repulse the Monkey) & 9 (Left Strike Tiger)
- ☯ Week 6: Warm-ups and practice form
Review 8 & 9, and introduce 10 (Parting Wild Horse's Mane) & 11 (Step Forward and Punch Groin)
- ☯ Week 7: Warm-ups and practice form
Review 10 & 11 and introduce 12 (Turn Body and White Snake Spits Out Tongue)
- ☯ Week 8: Warm-ups and practice form
Review Preparation Form through 12, and introduce 13 (Step Forward, Parry, Block and Punch)
- ☯ Week 9: Warm-ups and practice form
Review 13 (Step Forward, Parry, Block and Punch)
- ☯ Week 10: Warm-ups and practice form
Introduce 14 (Step Forward and Grasp the Bird's Tail)
- ☯ Week 11: Warm-ups and practice form
Review 14 (Step Forward and Grasp the Bird's Tail)
- ☯ Week 12: Warm-ups and practice form
Introduce 15 (Cross hands) & 16 (Closing), finish and review form.

The 12-week program has a primary goal of instructing the students in the 16 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.