



New Hampshire Tai Chi Chuan Center

www.nhyangtaichi.com

The lesson plan for a 10-week, one class a week program teaching Part 1 of the Yang Family 103 Movement Hand Form:

- ☯ 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) & 5 (White Crane Spreads Wings)
- ☯ Week 6: Warm-ups and practice form
Review 4 & 5 and introduce 6 (Left Brush Knee and Push) & 7 (Hand Strums the Lute)
- ☯ Week 7: Warm-ups and practice form
Review 6 & 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 8: Warm-ups and practice form
Review 6 through 12, focus on sequence and transitions
- ☯ Week 9: Warm-ups and practice form
Introduce 13 (Step Forward, Parry, Block and Punch)
- ☯ Week 10: Warm-ups and practice form
Introduce 14 (Apparent Closing), 15 (Cross hands) & 16 (Closing)
Finish and review form.

The 10-week program has an ambitious goal of instructing the students in Part I of the 103 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 the beginning of the long form and a foundation for further study in Yang Family Tai Chi. Options for continuation in their studies of Yang Family Tai Chi are presented at the end of each session.