



# New Hampshire Tai Chi Chuan Center

[www.nhyangtaichi.com](http://www.nhyangtaichi.com)

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## **The lesson plan for a 12-week, one-hour one class a week program teaching Part I of the 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 5 and introduce 6 (Left Brush Knee and Push) & 7 (Hand Strums the Lute)
- ☯ Week 7: Warm-ups and practice form  
Review 1 through 7  
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  
Review 13 (Step Forward, Parry, Block and Punch)
- ☯ Week 11: Warm-ups and practice form  
Introduce 14 (Apparent Closing), 15 (Cross hands) & 16 (Closing),
- ☯ Week 12: Warm-ups and practice form  
Finish and review form.

The 12-week program has a primary goal of instructing the students in Part I of the 103 Movement Hand Form. 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.