



New Hampshire Tai Chi Chuan Center

www.nhyangtaichi.com

Lesson plans for teaching the Yang Family Essential Form

Lesson plan for an 8-week, one-hour one class a week introduction program:

- ☉ Week 1: Registration and introduction information. Start warm-up exercises (with explanations)
Demonstration of Essential Form
Tai Chi Walk – proper footwork and foundation established
Introduce Preparation Form and 1 (Opening)
- ☉ Week 2: Warm-ups and practice Preparation Form
Introduce 2 (Grasp the Bird's Tail)
- ☉ Week 3: Warm-ups and practice form
Introduce 3 (Parting Wild Horse's Mane, Left)
- ☉ Week 4: Warm-ups and practice form
Introduce 4 (Fair Lady Works With Shuttle, Right & Left)
- ☉ Week 5: Warm-ups and practice form
Introduce 5 (Brush Knee and Push)
- ☉ Week 6: Warm-ups and practice form
Introduce 6 (Golden Rooster Stands on One Leg, Right & Left)
- ☉ Week 7: Warm-ups and practice form
Introduce 7 (Repulse Monkey, Left & Right)
- ☉ Week 8: Warm-ups and practice form
Review Preparation Form through 7

The introduction class has a primary goal of instructing the students in the first 7 movements of the Essential Form. At the end, the students will have learned a foundation to a simplified form. Options for continuation in their studies of Yang Family Tai Chi are presented at the end of each session.

Lesson plan for an 8-week, one-hour one class a week continuation A program:

- ☉ Week 1: Registration and introduction information
Warm-ups and practice form
Review Preparation Form through 7 and introduce 8 (High Pat on Horse and Palm Thrust)
- ☉ Week 2: Warm-ups and practice form
Introduce 9 (Right Separation Kick) and 10 (Left Heel Kick)
- ☉ Week 3: Warm-ups and practice form
Introduce 11 (Twin Fist Box Ears)
- ☉ Week 4: Warm-ups and practice form
Introduce 12 (Step Back Needle at the Sea Bottom)
- ☉ Week 5: Warm-ups and practice form
Review 8 through 12
- ☉ Week 6: Warm-ups and practice form
Introduce 13 (Cloud Hands, Left & Right)
- ☉ Week 7: Warm-ups and practice form
Review 13
- ☉ Week 8: Warm-ups and practice form
Review Preparation Form through 13

The continuation class has a primary goal of instructing the students in moves 8 through 13 of the Essential Form. At the end, the students will have learned more than half of a simplified form. Options for continuation in their studies of Yang Family Tai Chi are presented at the end of each session.



New Hampshire Tai Chi Chuan Center

www.nhyangtaichi.com

Lesson plan for an 8-week, one-hour one class a week continuation B program:

- ☯ Week 1: Registration and introduction information
Warm-ups and practice form
Review Preparation Form through 13 and introduce 14 (Single Whip / Low Form)
- ☯ Week 2: Warm-ups and practice form
Introduce 15 (Step Forward Seven Star)
- ☯ Week 3: Warm-ups and practice form
Introduce 16 (Step Back and Ride the Tiger)
- ☯ Week 4: Warm-ups and practice form
Introduce 17 (Turn Body and Swing Over Lotus)
- ☯ Week 5: Warm-ups and practice form
Introduce 18 (Bend Bow Shoot Tiger)
- ☯ Week 6: Warm-ups and practice form
Introduce 19 (Step Forward, Parry, Block and Punch)
- ☯ Week 7: Warm-ups and practice form
Introduce 20 (Apparent Close-up), 21 (Cross Hands), 22 (Closing Form)
and Return to Original State
- ☯ Week 8: Warm-ups and practice form
Review Essential Form

The continuation class has a primary goal of instructing the students in the remainder of the Essential 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.