



# New Hampshire Tai Chi Chuan Center

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

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## Lesson plans for teaching the Yang Family Essential Form

Lesson plan for a 10-week, 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) and 6 (Golden Rooster Stands on One Leg, Left & Right)
- ☯ Week 6: Warm-ups and practice form
  - Introduce 7 (Repulse Monkey, Left & Right)
- ☯ Week 7: Warm-ups and practice form
  - Introduce 8 (High Pat Horse and Palm Thrust) and 9 (Right Separation Kick)
- ☯ Week 8: Warm-ups and practice form
  - Introduce 10 (Left Heel Kick) and 11 (Twin Fist Box Ears)
- ☯ Week 9: Warm-ups and practice form
  - Introduce 12 (Step Back Needle at the Sea Bottom)
- ☯ Week 10: Warm-ups and practice form
  - Review Preparation Form through 12

The introduction program has primary goal of instructing the students in the first 12 movements of the Yang Family Essential 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 a short 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.



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Lesson plan for a 10-week, one class a week continuation program:

- ☯ Week 1: Registration and introduction information  
Warm-ups and practice form  
Review Preparation Form through 12  
Introduce 13 (Cloud Hands, Left & Right)
- ☯ Week 2: Warm-ups and practice form  
Review 13
- ☯ Week 3: Warm-ups and practice form  
Introduce 14 (Single Whip / Low Form)
- ☯ Week 4: Warm-ups and practice form  
Introduce 15 (Step Forward Seven Stars)
- ☯ Week 5: Warm-ups and practice form  
Introduce 16 (Step Back and Ride the Tiger)
- ☯ Week 6: Warm-ups and practice form  
Introduce 17 (Turn Body and Swing Over Lotus)
- ☯ Week 7: Warm-ups and practice form  
Introduce 18 (Bend Bow Shoot Tiger)
- ☯ Week 8: Warm-ups and practice form  
Introduce 19 (Step Forward, Parry, Block and Punch)
- ☯ Week 9: Warm-ups and practice form  
Review 20 (Apparent Close-up), 21 (Cross Hands), 22 (Closing Form) and Return to Original State
- ☯ Week 10: Warm-ups and practice form  
Review Essential Form

The continuation program has a primary goal of instructing the students in the remainder of the Yang Family Essential 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 short 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.