



New Hampshire Tai Chi Chuan Center

www.nhyangtaichi.com

Lesson plans for teaching the Yang Family Essential Form

Lesson plan for a 12-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 Preparation Form
 - Review Preparation Form through 2
- ☯ Week 4: Warm-ups and practice form
 - Introduce 3 (Parting Wild Horse's Mane, Left)
- ☯ Week 5: Warm-ups and practice form
 - Introduce 4 (Fair Lady Works with Shuttle, Right & Left)
- ☯ Week 6: Warm-ups and practice form
 - Review 4 and introduce 5 (Brush Knee and Push)
- ☯ Week 7: Warm-ups and practice form
 - Introduce 6 (Golden Rooster Stands on One Leg, Left & Right)
- ☯ Week 8: Warm-ups and practice form
 - Introduce 7 (Repulse Monkey, Left & Right)
- ☯ Week 9: Warm-ups and practice form
 - Introduce 8 (High Pat Horse and Palm Thrust) and 9 (Right Separation Kick)
- ☯ Week 10: Warm-ups and practice form
 - Introduce 10 (Left Heel Kick) and 11 (Twin Fist Box Ears)
- ☯ Week 11: Warm-ups and practice form
 - Introduce 12 (Step Back Needle at the Sea Bottom)
- ☯ Week 12: Warm-ups and practice form
 - Review Preparation Form through 12

The 12-week program has a primary goal of instructing the students in the first 12 movements of the Yang Family Essential Form. 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 12-week, one-hour one class a week continuation program:

- ☯ Week 1: Registration and introduction information
Warm-ups and practice form
Review Preparation Form through 12
- ☯ Week 2: Warm-ups and practice form
Introduce 13 (Cloud Hands, Left & Right)
- ☯ Week 3: Warm-ups and practice form
Review 13
- ☯ Week 4: Warm-ups and practice form
Introduce 14 (Single Whip / Low Form)
- ☯ Week 5: Warm-ups and practice form
Introduce 15 (Step Forward Seven Stars)
- ☯ Week 6: Warm-ups and practice form
Introduce 16 (Step Back and Ride the Tiger)
- ☯ Week 7: Warm-ups and practice form
Introduce 17 (Turn Body and Swing Over Lotus)
- ☯ Week 8: Warm-ups and practice form
Introduce 18 (Bend Bow Shoot Tiger)
- ☯ Week 9: Warm-ups and practice form
Introduce 19 (Step Forward, Parry, Block and Punch)
- ☯ Week 10: Warm-ups and practice form
Review 19
- ☯ Week 11: Warm-ups and practice form
Review 20 (Apparent Close-up), 21 (Cross Hands), 22 (Closing Form) and Return to Original State
- ☯ Week 12: Warm-ups and practice form
Review Essential Form

The 12-week program has a primary goal of instructing the students in the remainder of the Yang Family Essential Form. 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.