



New Hampshire Tai Chi Chuan Center

www.nhyangtaichi.com

Lesson plans for teaching the Yang Family Senior Form

Lesson plan for an 12-week, one-hour one class a week introduction program:

- ☯ Week 1: Registration and introduction information.
 - Start warm-up exercises (with explanations)
 - Demonstration of Senior 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 (White Crane Spreads Its Wings) and 3 (Grasp the Bird's Tail)
- ☯ Week 3: Warm-ups and practice form
 - Review Preparation Form through 3
- ☯ Week 4: Warm-ups and practice form
 - Introduce 4 (Fist Under Elbow)
- ☯ Week 5: Warm-ups and practice form
 - Introduce 5 (Brush Knee and Push, Left & Right)
 - and 6 (Step Forward and Punch Down)
- ☯ Week 6: Warm-ups and practice form
 - Introduce 7 (Golden Rooster Stands on One Leg, Right & Left)
- ☯ Week 7: Warm-ups and practice form
 - Introduce 8 (Step Back and Repulse the Monkey, Right) and 9 (High Pat on Horse)
- ☯ Week 8: Warm-ups and practice form
 - Introduce 10 (Right Separation Kick) and 11 (Left Heel Kick)
- ☯ Week 9: Warm-ups and practice form
 - Introduce 12 (Twin Fist Box Ears) and 13 (Step Back Needle at the Sea Bottom)
- ☯ Week 10: Warm-ups and practice form
 - Introduce 14 (Cloud Hands, Left & Right)
- ☯ Week 11: Warm-ups and practice form
 - Review 14 and introduce 15 (Single Whip)
- ☯ Week 12: Warm-ups and practice form
 - Review Preparation Form through 15

The 12-week program has a primary goal of instructing the students in the first 15 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 an 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 15
- ☯ Week 2: Warm-ups and practice form
Introduce 16 (Turn Body and White Snake Spits Out Tongue)
- ☯ Week 3: Warm-ups and practice form
Introduce 17 (Parting Wild Horse's Mane, Left)
- ☯ Week 4: Warm-ups and practice form
Introduce 18 (Fair Lady Works at Shuttle, Right)
- ☯ Week 5: Warm-ups and practice form
Review 14 through 18
- ☯ Week 6: Warm-ups and practice form
Introduce 19 (Strike Tiger , Left & Right)
- ☯ Week 7: Warm-ups and practice form
Introduce 20 (Step Forward with Palm Thrust) and 21 (Turn Over Seven Star)
- ☯ Week 8: Warm-ups and practice form
Introduce 22 (Bend Bow and Shoot the Tiger)
- ☯ Week 9: Warm-ups and practice form
Review 19 through 22
- ☯ Week 10: Warm-ups and practice form
Introduce 23 (Step Forward, Parry, Block and Punch)
- ☯ Week 11: Warm-ups and practice form
Introduce 24 (Apparent Close-up), 25 (Cross Hands), 26 (Closing Form)
and Return to Original State
- ☯ Week 12: Warm-ups and practice form
Review Senior Form

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