



New Hampshire Tai Chi Chuan Center

www.nhyangtaichi.com

The lesson plan for a 10-week, one class a week program teaching the Yang Family Tai Chi Kung Form:

- ☯ Week 1: Registration and introduction information. Start warm-up exercises (with explanations)
Demonstration of Tai Chi Kung Form
Tai Chi Walk – proper footwork and foundation established
Introduce Preparation Form, 1 (Opening, Single Whip)
- ☯ Week 2: Warm-ups and practice Preparation Form, 1 (Opening, Single Whip)
Introduce 2 (Fist Under Elbow) & 3 (Left & Right Step Back and Repulse the Monkey)
- ☯ Week 3: Warm-ups and practice form
Review 1-3
Introduce 4 (Brush Knee and Push) & 5 (Right and Left Parting Wild Horse's Mane)
- ☯ Week 4: Warm-ups and practice form
Review 4 & 5 and introduce 6 (Right and Left Fair Lady Works at Shuttles)
- ☯ Week 5: Warm-ups and practice form
Review 1 through 6 (focus on review of 6)
- ☯ Week 6: Warm-ups and practice form
Introduce 7 (Turn Body and Left Heel Kick)
- ☯ Week 7: Warm-ups and practice form
Review 7 & Introduce 8 (Step Forward, Parry, Block and Punch)
- ☯ Week 8: Warm-ups and practice form
Review 8 and introduce 9 (Step Forward and Grasp the Bird's Tail)
- ☯ Week 9: Warm-ups and practice form
Review 9 and introduce 10 (Cross Hands, Closing)
- ☯ Week 10: Warm-ups and practice form
Finish form (Return to Starting Position) and review form.

The 10-week program has an ambitious goal of instructing the students in the Tai Chi Kung 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 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.