

Week One Schedule

Goal: Learning and performing TWO forms:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	5–8 minutes	5–8 minutes	8–10 minutes	10–12 minutes	10–12 minutes
Forms to practice:	a	a	a, b	a, b	a, b
Number of repetitions per form:	5 to 8	5 to 8	5 to 8	8 to 10	8 to 10
Number of times forms are being practiced sequentially:	3	4	5	6	6
Check the box on the day you exercised:	<input type="checkbox"/>				

Week Two Schedule

Goal: Performing and refining the TWO forms learned previously and also learning and performing Form Three:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	10–12 minutes	10–12 minutes	12–15 minutes	12–15 minutes	12–15 minutes
Forms to practice:	a, b	a, b	a, b	a, b, c	a, b, c
Number of repetitions per form:	8 to 10	8 to 10	8 to 10	10 to 12	10 to 12
Number of times forms are being practiced sequentially:	4	5	5	6	6
Check the box on the day you exercised:	<input type="checkbox"/>				

a. —Hold the Ball	b. —Part the Wild Horse’s Mane	c. —Single Whip	d. —Moving Hands like Clouds
e. —Repulse Monkey	f. —Brush Knee	g. —Fair Lady Works at Shuttles	h. —Grasp the Peacock’s Tail

Week Three Schedule

Goal: Performing and refining the THREE forms learned previously and also learning and performing Form Four:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	12-15 minutes	12-15 minutes	15-18 minutes	15-18 minutes	15-18 minutes
Forms to practice:	a, b, c				
Number of repetitions per form:	10 to 12	10 to 12	10 to 12	12 to 15	12 to 15
Number of times forms are being practiced sequentially:	3	4	5	6	6
Check the box on the day you exercised:	<input type="checkbox"/>				

Week Four Schedule

Goal: Reviewing and practicing the FOUR forms learned:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	15-18 minutes	15-18 minutes	15-18 minutes	18-20 minutes	18-20 minutes
Forms to practice:	a, b, c, d				
Number of repetitions per form:	12 to 15	12 to 15	12 to 15	15 to 17	15 to 17
Number of times forms are being practiced sequentially:	3	4	5	6	6
Check the box on the day you exercised:	<input type="checkbox"/>				

a. —Hold the Ball	b. —Part the Wild Horse’s Mane	c. —Single Whip	d. —Moving Hands like Clouds
e. —Repulse Monkey	f. —Brush Knee	g. —Fair Lady Works at Shuttles	h. —Grasp the Peacock’s Tail

Week Five Schedule

Goal: Reviewing and practicing the FOUR forms learned previously and also learning Form Five:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	18–20 minutes	18–20 minutes	20–25 minutes	20–25 minutes	20–25 minutes
Forms to practice:	a, b, c, d	a, b, c, d	a, b, c, d	a, b, c, d, e	a, b, c, d, e
Number of repetitions per form:	15 to 17	15 to 17	15 to 17	17 to 20	17 to 20
Number of times forms are being practiced sequentially:	3	4	4	4	4
Check the box on the day you exercised:	<input type="checkbox"/>				

Week Six Schedule

Goal: Reviewing and practicing the FIVE forms learned previously and also learning Form Six:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	20–25 minutes				
Forms to practice:	a, b, c, d, e	a, b, c, d, e	a, b, c, d, e	a, b, c, d, e, f	a, b, c, d, e, f
Number of repetitions per form:	8 to 10				
Number of times forms are being practiced sequentially:	3	4	4	4	4
Check the box on the day you exercised:	<input type="checkbox"/>				

a. —Hold the Ball	b. —Part the Wild Horse’s Mane	c. —Single Whip	d. —Moving Hands like Clouds
e. —Repulse Monkey	f. —Brush Knee	g. —Fair Lady Works at Shuttles	h. —Grasp the Peacock’s Tail

Week Seven Schedule

Goal: Reviewing and practicing the SIX forms learned previously and reinforcing Form Six:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	20–25 minutes				
Forms to practice:	a, b, c, d, e, f				
Number of repetitions per form:	8 to 10				
Number of times forms are being practiced sequentially:	4	5	5	5	5

Week Eight Schedule

Goal: Reviewing and practicing the SIX forms learned previously and learning Form Seven:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	20–25 minutes				
Forms to practice:	a, b, c, d, e, f	a, b, c, d, e, f	a, b, c, d, e, f, g	a, b, c, d, e, f, g	a, b, c, d, e, f, g
Number of repetitions per form:	8 to 10	8 to 10	6 to 8	6 to 8	6 to 8
Number of times forms are being practiced sequentially:	5	5	3–4	3–4	3–4
Check the box on the day you exercised:	<input type="checkbox"/>				

a. —Hold the Ball	b. —Part the Wild Horse’s Mane	c. —Single Whip	d. —Moving Hands like Clouds
e. —Repulse Monkey	f. —Brush Knee	g. —Fair Lady Works at Shuttles	h. —Grasp the Peacock’s Tail

Week Nine Schedule

Goal: Reviewing and practicing the SEVEN forms learned previously while mastering Form Seven:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	20–25 minutes				
Forms to practice:	a, b, c, d, e, f, g				
Number of repetitions per form:	6 to 8				
Number of times forms are being practiced sequentially:	3–4	3–4	3–4	3–4	3–4
Check the box on the day you exercised:	<input type="checkbox"/>				

Week Ten Schedule

Goal: Reviewing and practicing the SEVEN forms learned previously and learning Form Eight:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	20–25 minutes				
Forms to practice:	a, b, c, d, e, f, g	a, b, c, d, e, f, g	a, b, c, d, e, f, g	a, b, c, d, e, f, g, h	a, b, c, d, e, f, g, h
Number of repetitions per form:	6 to 8	6 to 8	6 to 8	4 to 6	4 to 6
Number of times forms are being practiced sequentially:	3–4	3–4	3–4	2–3	2–3
Check the box on the day you exercised:	<input type="checkbox"/>				

a. —Hold the Ball	b. —Part the Wild Horse’s Mane	c. —Single Whip	d. —Moving Hands like Clouds
e. —Repulse Monkey	f. —Brush Knee	g. —Fair Lady Works at Shuttles	h. —Grasp the Peacock’s Tail

Week Eleven Schedule

Goal: Reviewing and practicing the EIGHT forms learned previously while mastering Form Eight:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	30 minutes	30 minutes	30 minutes	30 minutes	30 minutes
Forms to practice:	a, b, c, d, e, f, g,	a, b, c, d, e, f, g, h	a, b, c, d, e, f, g, h	a, b, c, d, e, f, g, h	a, b, c, d, e, f, g, h h
Number of repetitions per form:	4 to 6	4 to 6	4 to 6	4 to 6	4 to 6
Number of times forms are being practiced sequentially:	2-3	2-3	2-3	2-3	2-3
Check the box on the day you exercised:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week Twelve Schedule

Goal: Reviewing and practicing ALL EIGHT forms learned previously while mastering the whole routine:

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	30 minutes				
Forms to practice:	a, b, c, d, e, f, g, h				
Number of repetitions per form:	4 to 6				
Number of times forms are being practiced sequentially:	2-3	2-3	2-3	2-3	2-3
Check the box on the day you exercised:	<input type="checkbox"/>				

a. —Hold the Ball	b. —Part the Wild Horse's Mane	c. —Single Whip	d. —Moving Hands like Clouds
e. —Repulse Monkey	f. —Brush Knee	g. —Fair Lady Works at Shuttles	h. —Grasp the Peacock's Tail