

Tai Chi Movements and Form

Stand quietly to begin, with a feeling of relaxation throughout the joints of your body:

- a vertical spine with head erect and hips level,
- a relaxed waist down the hips, knees, ankles to the feet, and from the shoulders, elbows, wrists to the hands.

Practice the exercises in a smooth flowing way, maintaining your own soft limit and gradually increase each one from 3-10 times.

Move naturally, following the breath as it leads the exercise and do not apply force but rather go for what feels comfortable, this way you will soon be able to explore the exercises for yourself finding your personal requirements within them.

Start each new posture from the right. Begin with the heels together, toes pointing into diagonal corners.

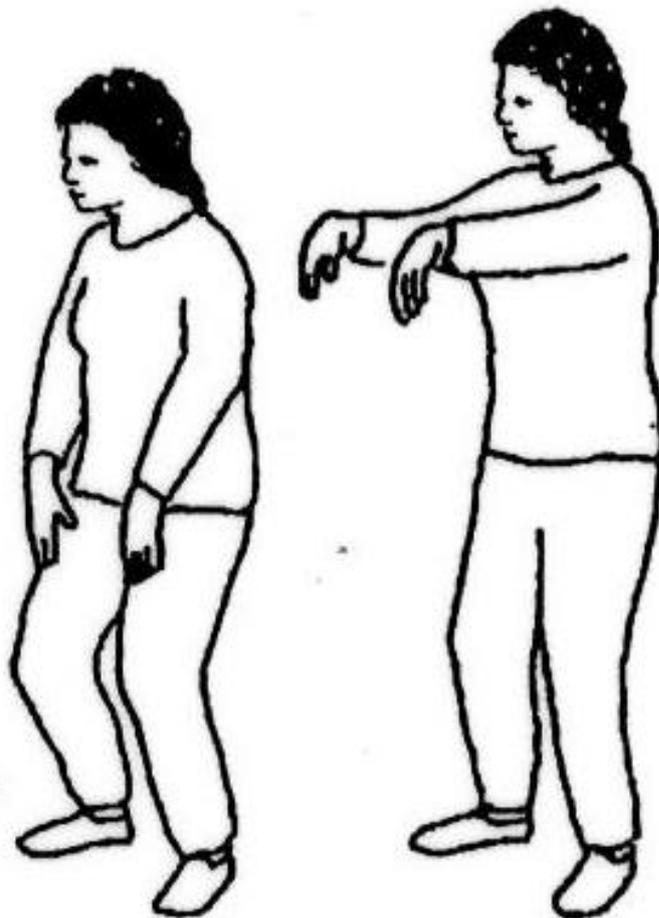
Drop weight into right and step across at shoulder width with left foot. Swivel right heel to bring toes of right foot to face forward and equalise the weight.

Commencing the Form

(Slowly) raise arms to shoulder height, legs lifting slightly on in breath, relax and sink into legs, middle finger touching thigh on out breath.

Do not extend knees over toes.

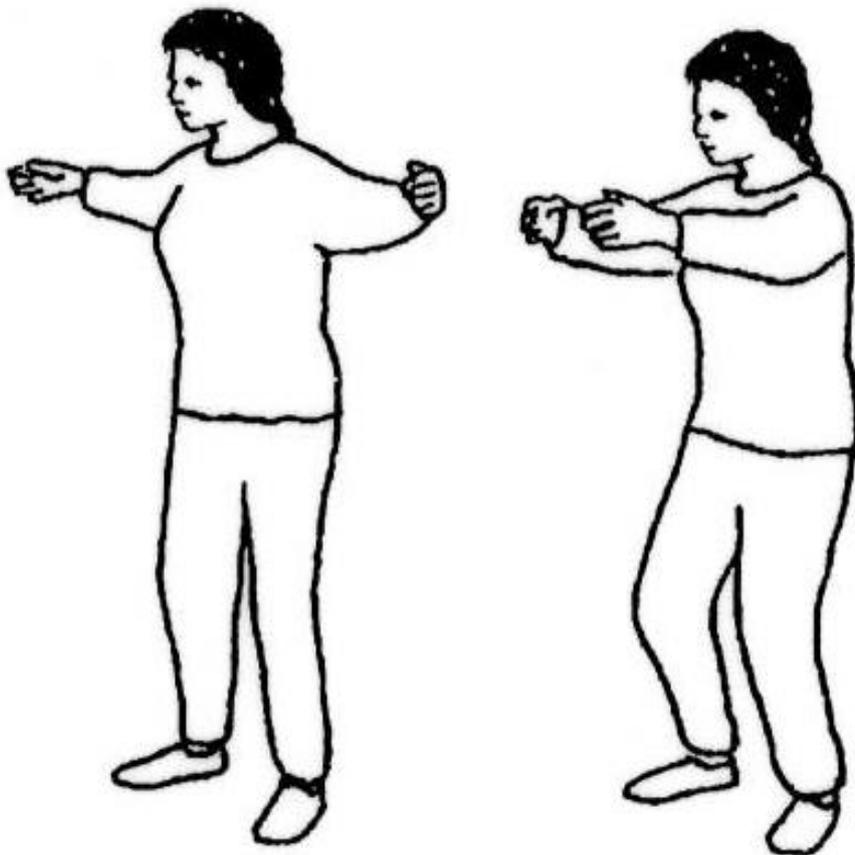
(Later on try this with breathing in the reverse order).



Broadening the Chest

(Slowly) open the arms to the side with hands remaining at chest height, legs lifting slightly on in breath.

Relax and sink into legs as arms return to front of body, palms still facing inwards, on out breath. Sense of sitting.



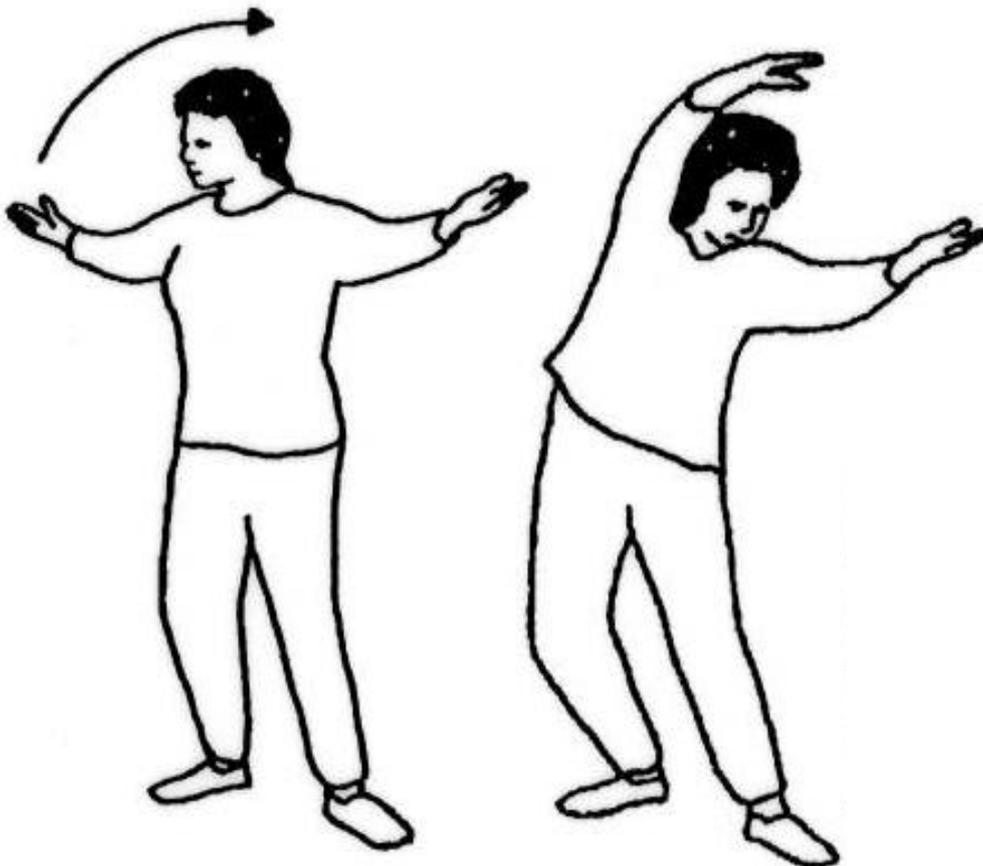
Painting a Rainbow

Gently open out arms pivoting on left heel to centre position for in breath.

Drop weight into right leg as upper body bends left, right hand arcs over head with palms facing, on out breath.

Return to centre position for in breath keeping left balancing hand in same position.

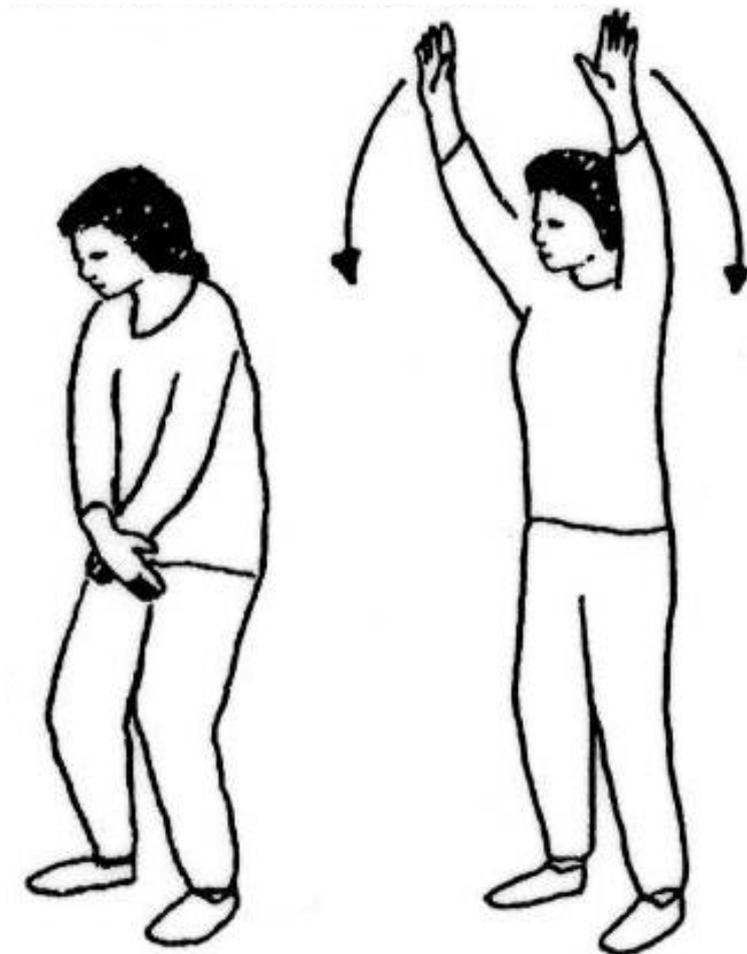
Repeat on alternate sides.



Circling Arms Part Clouds

Rest one wrist on the other and raise arms by pressing upwards from lower wrist, legs lifting slightly and circling arms apart above head on in breath.

Relax back into the legs to cross wrists middle finger on top of thigh on out breath.



Swinging Arms

Drop and relax into legs.

As palm pushes forwards and out, finger tips point up at shoulder height, breath out and straighten legs. Return and relax elbows and legs on the in breath. Repeat alternate sides.

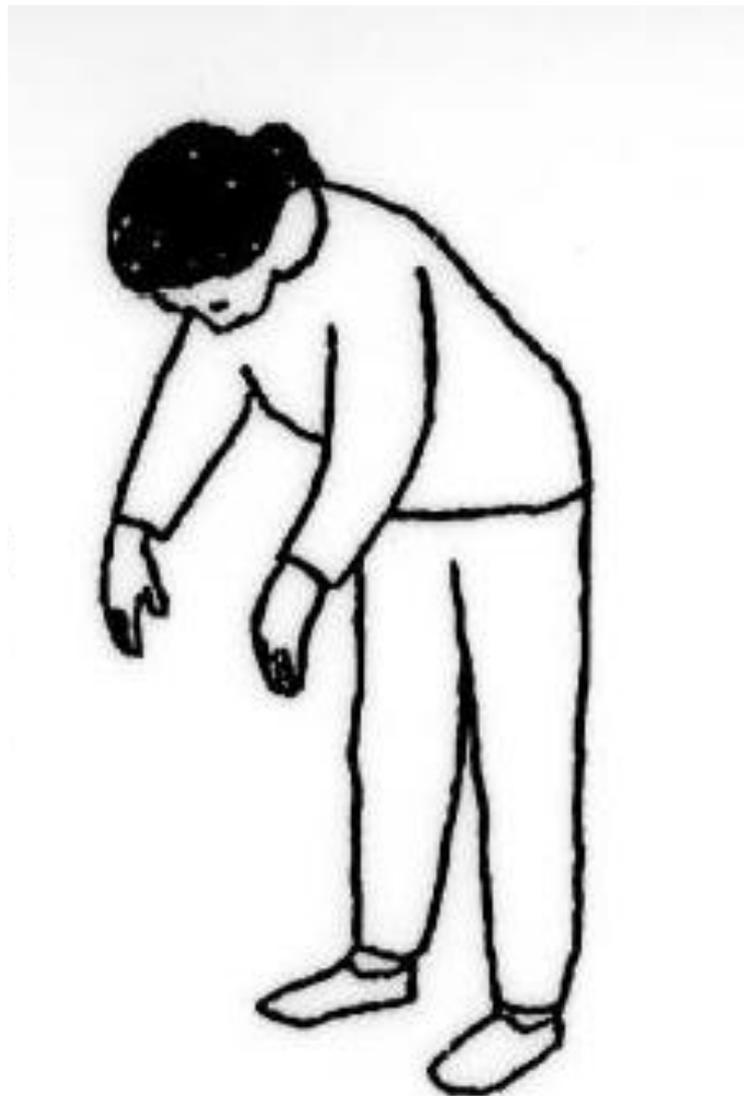
Later on try swinging the waist open, as if swimming overarm.



Rowing a Boat

Sit back, sinking into legs, as arms circle up and over, legs straighten. Bend forward from the waist as if leaning over a gate and breathe out.

Go to soft limit with arms and legs relaxed. Allow weight to drop into front of feet on bend.



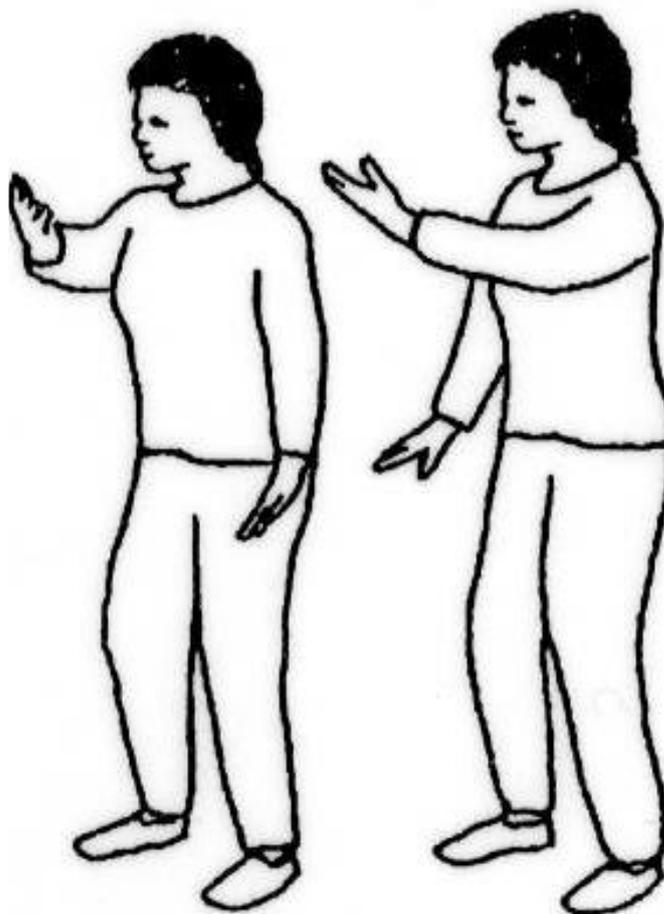
Holding a Ball in front of Shoulders

Palms face back, sink into legs.

On out breath legs lift as right hand floats palm up to opposite right shoulder.

Alternate sides, hips forwards. Attention as hands pass one another in front of body.

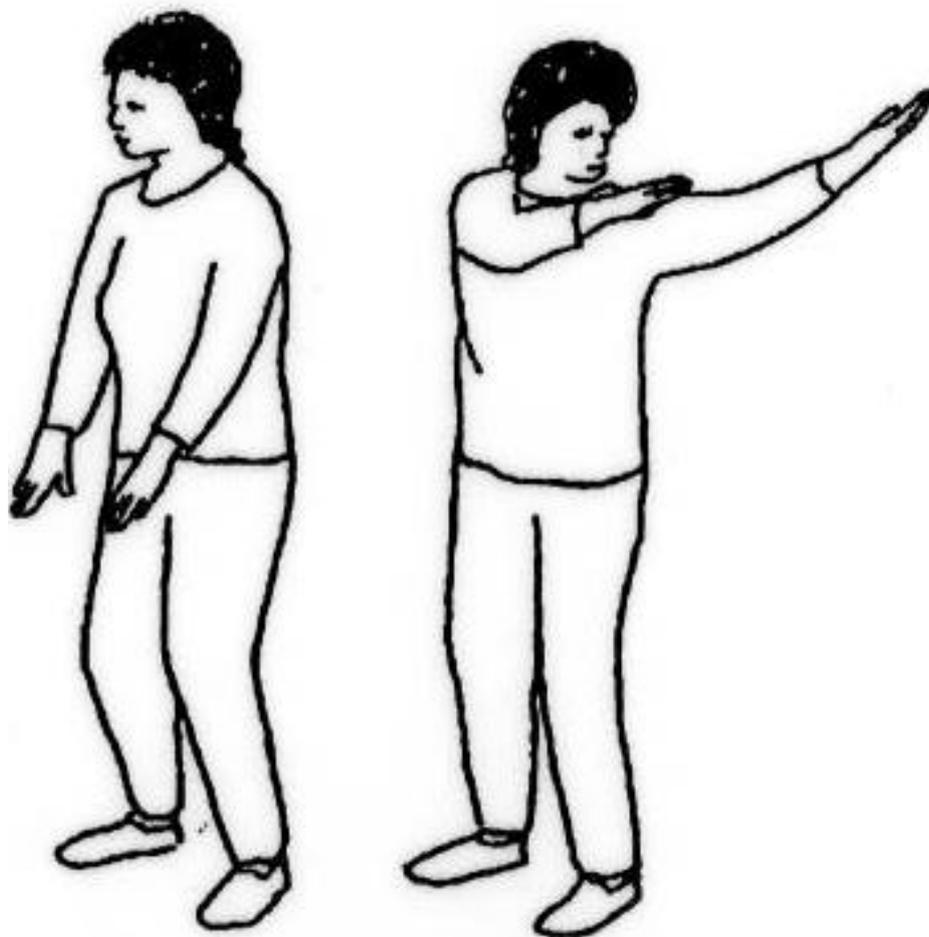
Later on heel may lift



Turning to Gaze at the Moon

Swing and rotate from the waist, gazing at the right hand all the way around, body as one unit. Breathe naturally.

Repeat x times to right then change to left. (Later on heel may lift.)



Twisting Waist and Pushing Arms

Natural Step.

Front foot toes forward, rear foot toes diagonal. Begin with weight in the forward left leg with right palm pushing (opposite hand to foot).

Move as one unit when changing weight, on the in breath weight comes back as waist opens.

On the out breath waist turns forward and weight moves to front foot.

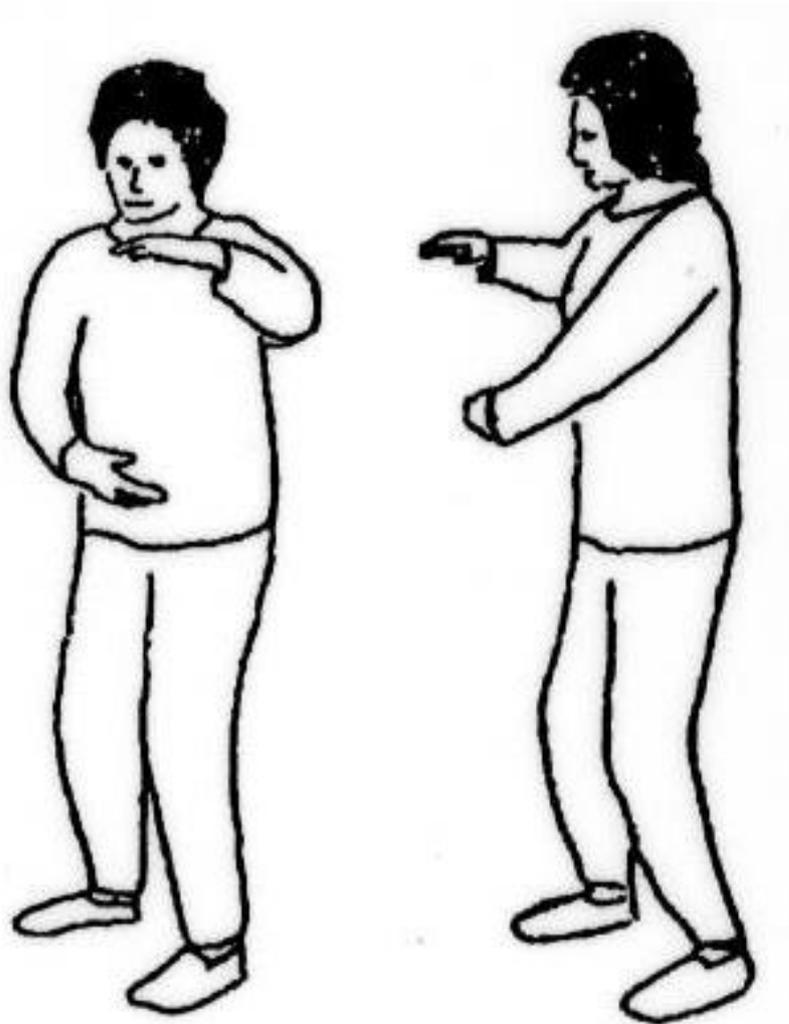
One arm pulls back as the other goes forward, focus on return of palm, fingertips vertical.



Hands in the Clouds

Move as one unit, keeping waist relaxed and elbows down. Breathe out at side and in as hands pass through centre.

Alternate left and right and focus on vision on lifting hand, when turning left the left hand is rising, when turning to right the right hand is rising.

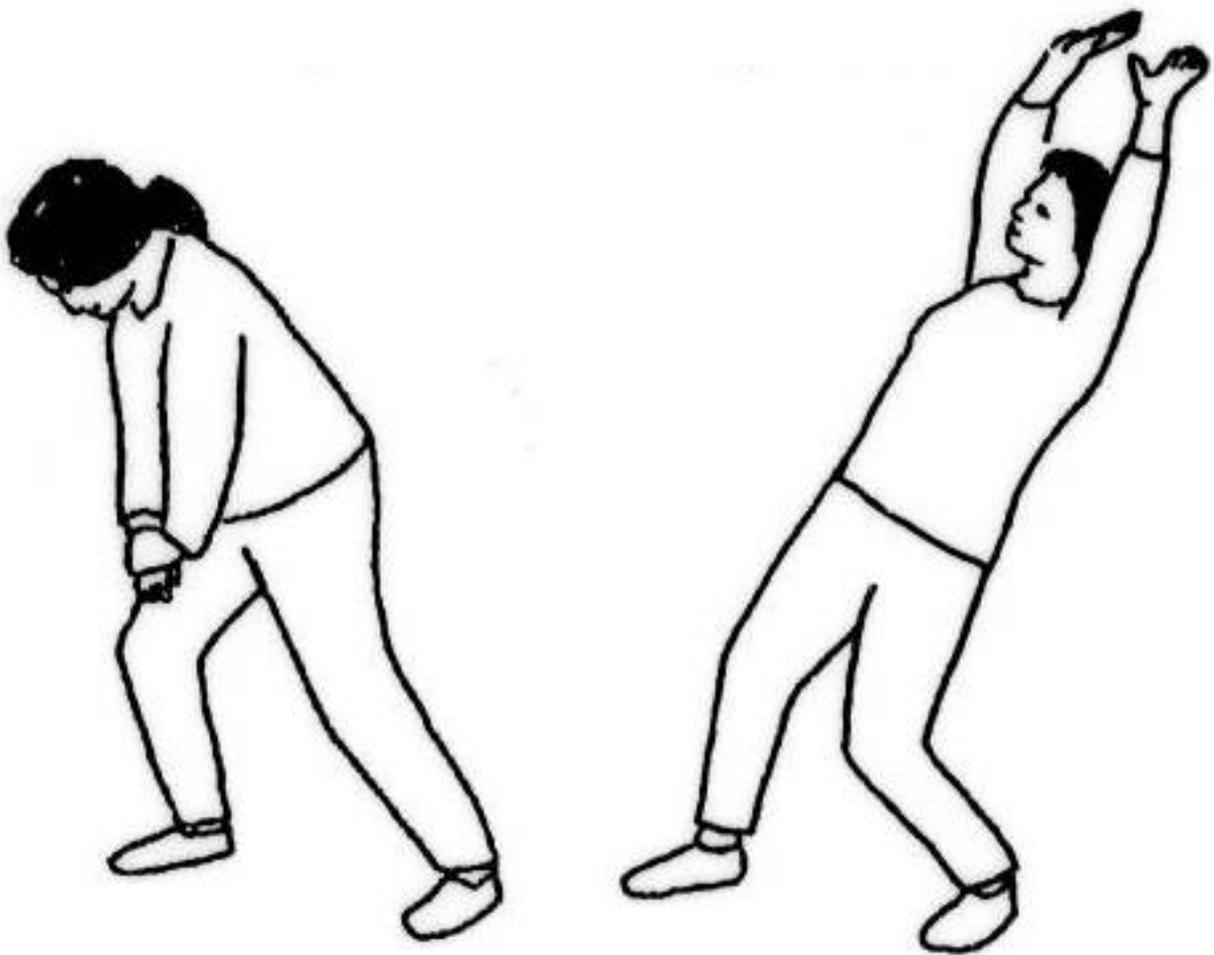


Scooping the Sea and Viewing the Sky

Incline body forward, hands crossing at wrists on top of knee on out breath.

Gravity and weight change to back leg as arms stretch to make big circle on in breath. Look upward (to view sky).

Return and repeat. Then change sides.

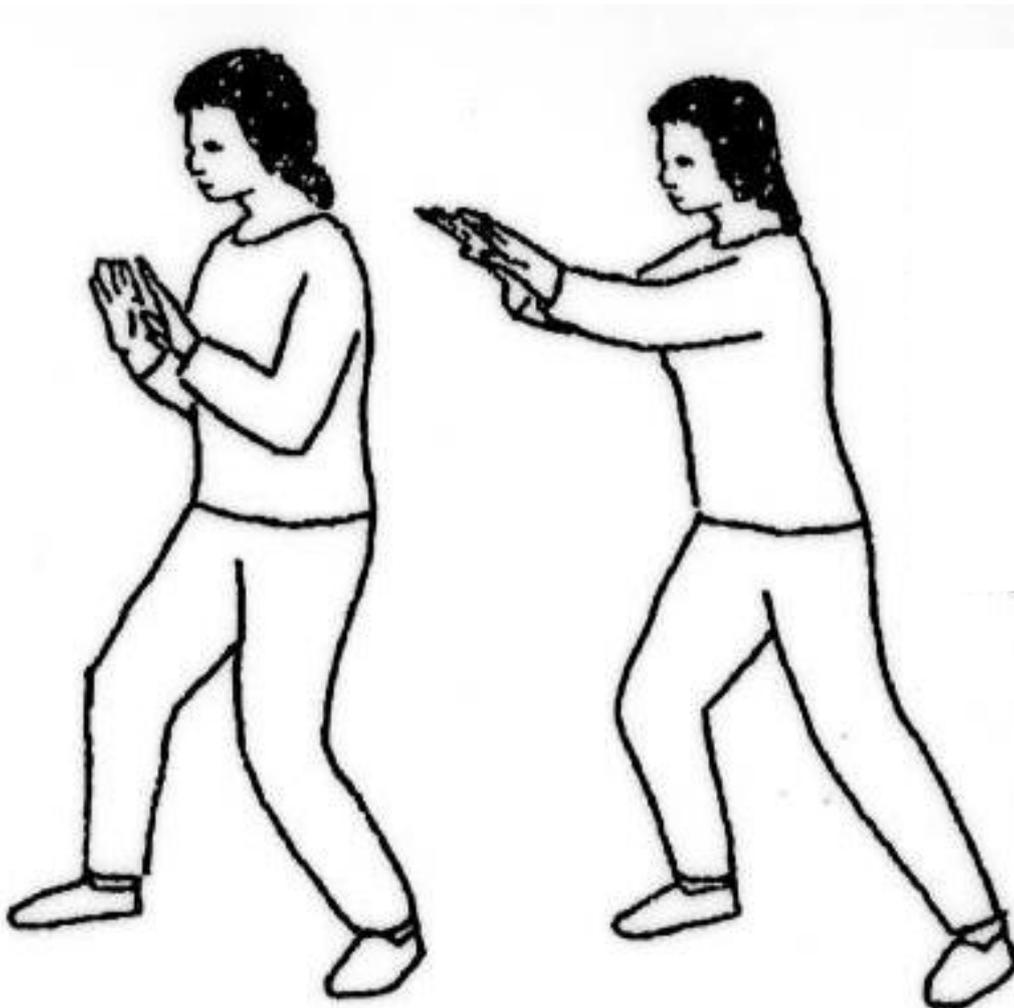


Playing with Waves

Sink elbows with palms facing outward at chest height with weighting in rear leg.

On out breath hands push forwards (do not over extend). Return to rear leg on in breath, sensation of movement like undulating waves.

(Later toes/heels may lift.)

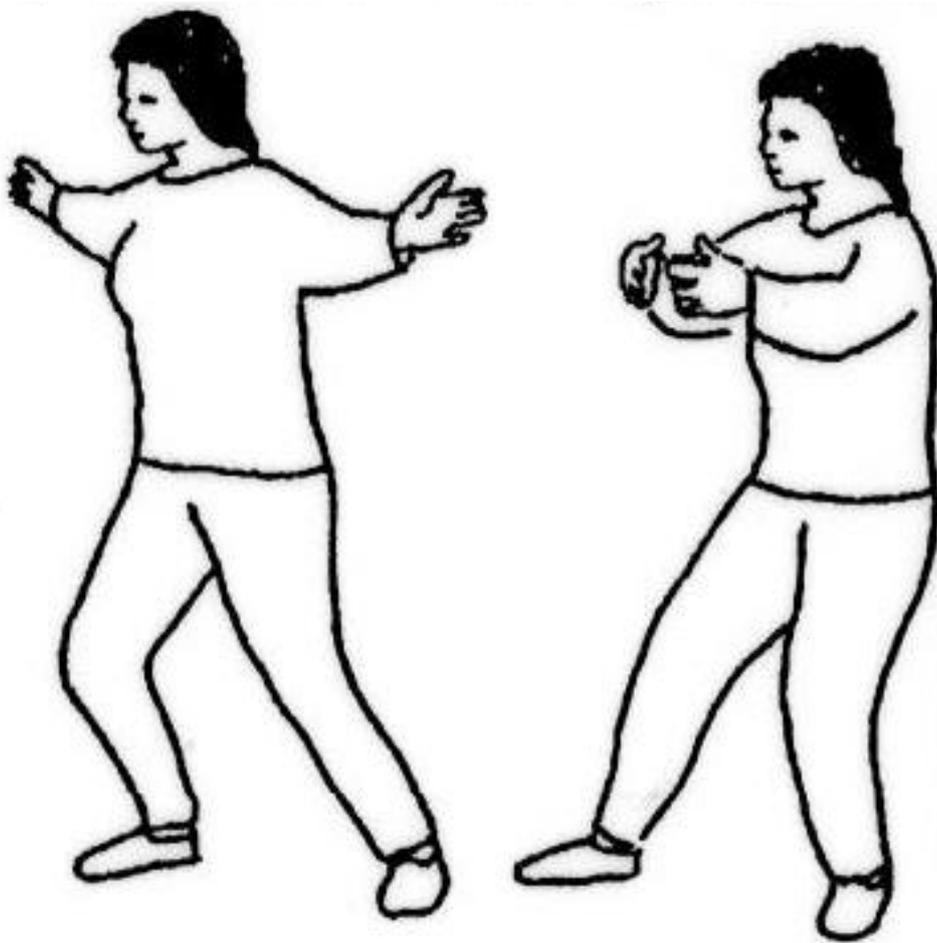


Flying Dove Spreads Wings

Begin with weight in front leg and arms spread open, out breath.

As weight comes back into leg breath in, arms closing the circle with palms facing chest. Repeat pushing forwards.

(Later heels/toes may lift and try alternate breathing sequence.)



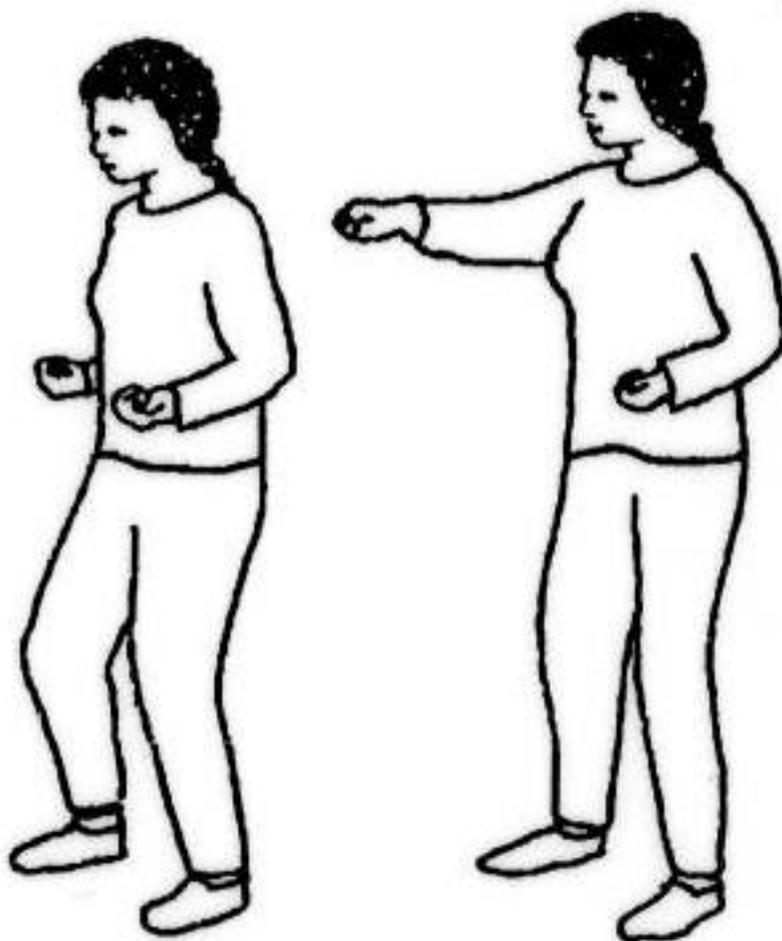
Punching with Outstretched Arms

(Sitting down whilst standing up.)

Begin with fists palm up at waist, thumbs tucked in. Push fist out and forward twisting it over to end palm down at limit of punch, breathing out. Then in, then out. As you punch alternate hands.

Remain facing forwards, spine vertical focus on fist, with shorter breath on punch than on return.

(Later try alternate breathing sequence.)

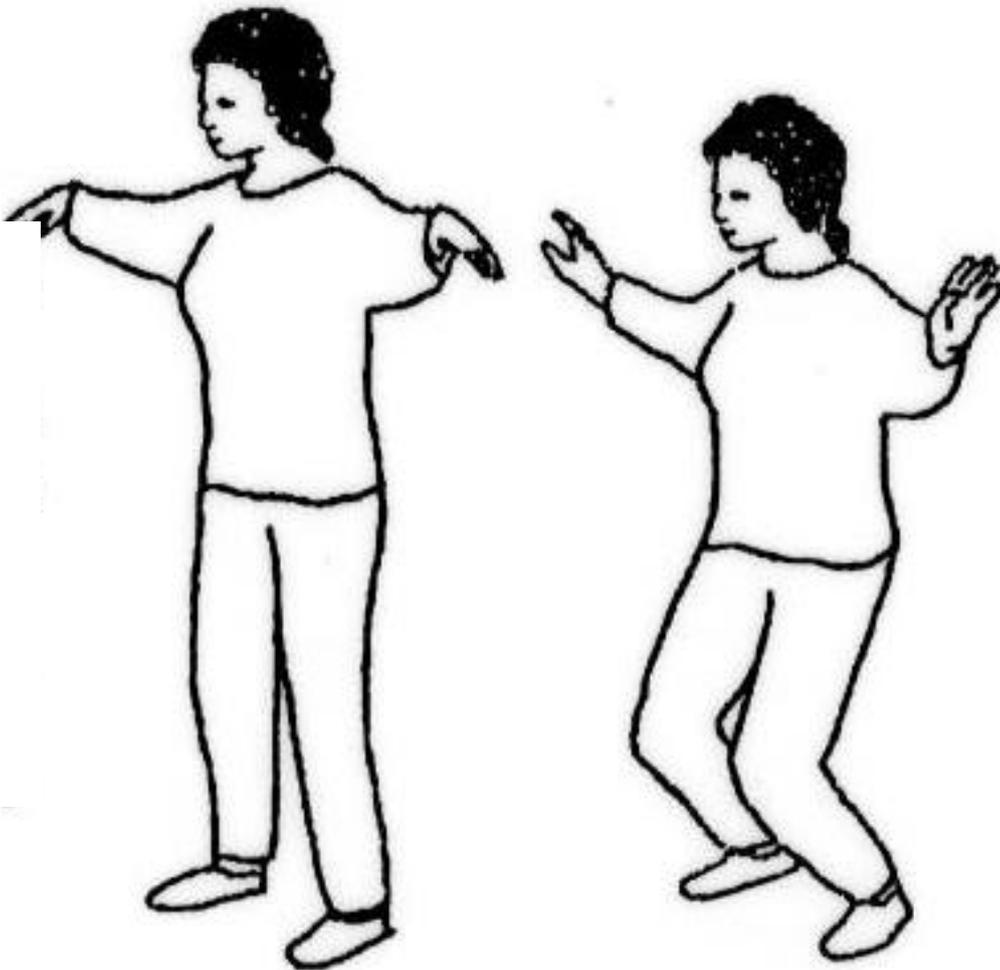


Flying Goose

(Go to soft limit.)

Begin with arms parallel to ground at shoulder height. Squat on out breath, i.e. lift heels and bend knees keeping arms and hands relaxed. Straighten legs to rise on the in breath.

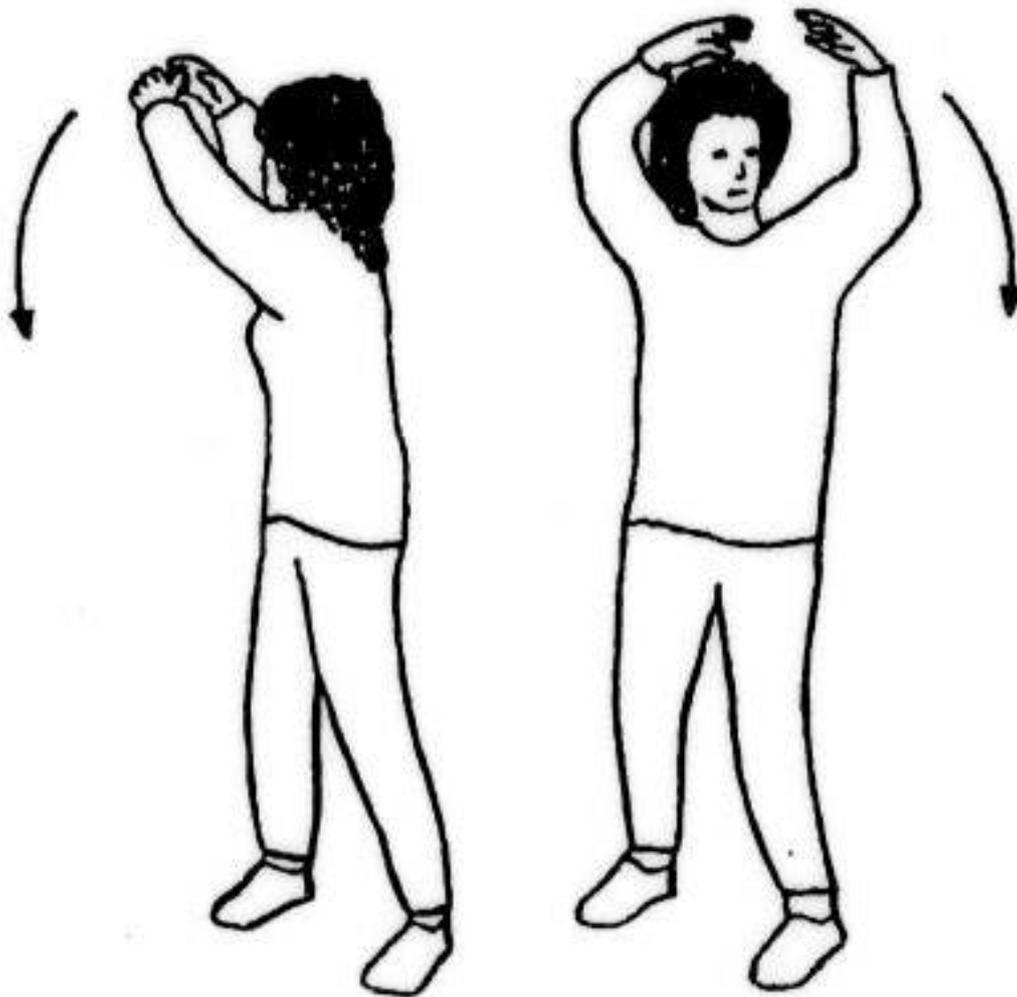
Press into ball of feet, do not over extend.



Spinning Wheels

With hands facing belly hold the circle, rotate waist slowly 360°, whilst maintaining circle with arms and upwards on the in breath, downwards on the out.

Relax neck and focus vision on hands.



Bouncing Ball with Steps

Feet Diagonal.

Hand and foot lift on the in breath as if attached to each other.
Replace foot to floor on out breath.

Do not lift leg too high and keep legs relaxed.

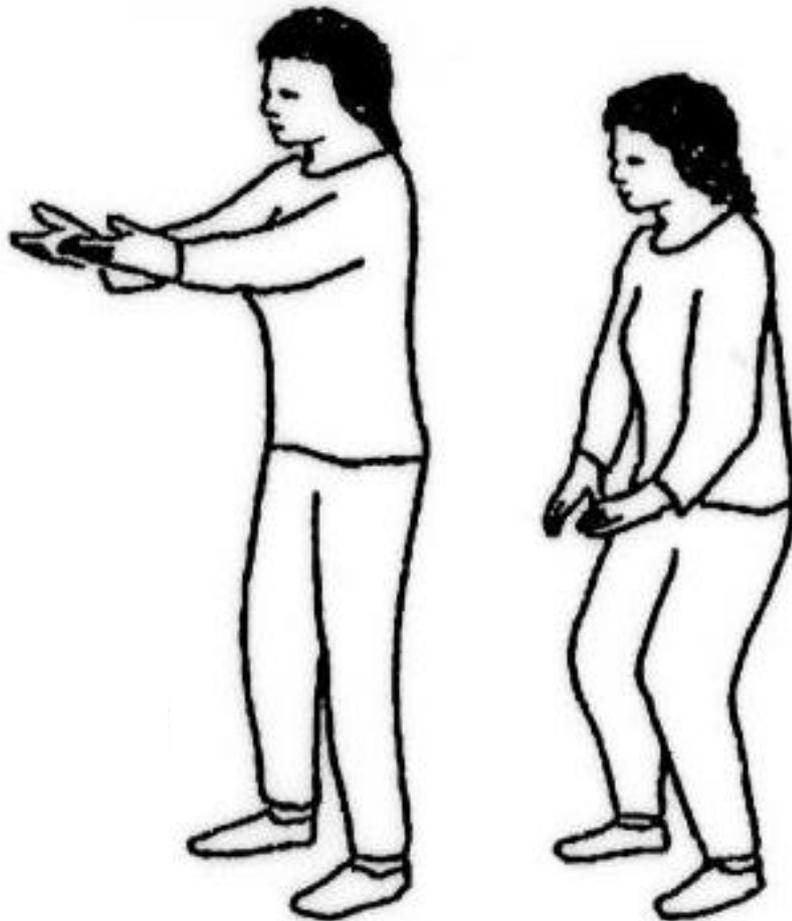
Practice shifts weight into right and left legs. (Later when balance is achieved explore opposite hand to foot.) Keep exercise lively.



Pressing Palms in Calmness

Slowly - naturally raise legs, body, hands on in breath with palms up, fingers pointing in towards each other.

At the top of the in breath turn palms over and on out breath sink and press downwards.



**ALWAYS FINISH PRACTICE ROUTINES
WITH THIS EXERCISE.**