TAI CHI EXERCISES

Focusing on Health, Movement, and Meditation

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1. Guiding Principles
   1. Rooted: relaxing your weight, allowing yourself to sink into the ground, source of your energy.
   2. Rounded: All joints relaxed as buoys floating, flexible and yet strong.
   3. Relaxed. Release all unnecessary tension. Hips tucked, chest hollow, shoulders slightly forward, knees unlocked.
2. I Chi King demo link: <https://www.youtube.com/watch?v=uXhP-9_4Bfs>.
3. Dialogue as learned from Kenny Greene
   1. Wrists rise as the sun rises.
   2. The sun’s rays across the horizon (as you pull your hands back to your chest).
   3. Push open the temple gates.
   4. Widen the gates for a better view.
   5. Sink into the earth, source of your energy.
   6. Draw the earth’s energy through your body… (backs of your hands are together as you pull straight up and over your head).
   7. …and send it cascading to the heavens.
   8. Gather the energy.
   9. Compress the energy.
   10. Condense and store the energy.
4. 5 Moving Elements explanation/description. Each segment gets repeated to each of the Cardinal directions, starting with North and then moving to the left (West would be next). Once you come back around to the North, repeat the sequence back to the right. Once you learn the sequence, it’s a good idea to work on evenly spaced deep breathing with each segment, which I will notate below.
   1. Feet are shoulder width apart. Knees are relaxed, buoyant, shoulders slightly rounded, chest slightly hollowed, arms as if you hold a small pillow between your upper arms and torso, middle fingers lightly touching the outside of your thighs.
   2. Breath in and out, allowing arms to float up gently from sides and back on exhalation.
   3. INHALE Step wide to NW with left foot as hands draw up your sides. You should have a good Bow and Arrow stance with left foot pointing to NW and right foot pointing N. EXHALE transfer weight to left while pushing hands out from chest until almost fully extended. Remember to keep elbows from completely straightening out. PAUSE AT END OF EACH SEGMENT.
   4. INHALE Weight transfers to right (back) foot, palms turn up, left toes lift as weight transfers. Hands curl back toward your head, meeting with backs of hand touching in front of your face and dropping down your center line.
   5. EXHALE As hands pass your heart/sternum, left toes pivot toward east (pigeon-toed stance) and transfer weight to 100% on left, hands drop to your side.
   6. INHALE Step wide to SE with right foot (bow and arrow stance). EXHALE as you transfer weight to 70% right foot, hands float up to rounded Superman pose, shoulder height. Remember to pause.
   7. INHALE as you float your weight back to the left foot, right toes lifting up, left palm turning up. EXHALE and pivot right toes all the way to the N (pigeon-toed stance). Your arms should also be pointing N at this point.
   8. INHALE and shift weight to right foot (100%), while still facing N and step back with the left foot and rotate your body to face W, pivoting your right foot to the W also. You should be facing W with your arms extended in front of you at this point.
   9. EXHALE and drop your arms to relaxed opening pose.
   10. INHALE AND EXHALE again allowing your arms to float out and back before beginning entire sequence to the W.
5. Settling our Chi. As a final step before moving back into the world after class or rehearsal, we always settle our Chi.
   1. Stand in a relaxed open stance, feet approximately shoulder-width apart perhaps a bit more, check to see you are rooted, rounded, and relaxed.
   2. Bending knees slightly,
   3. inhale and swing your hands across your body so they are crossed in front of you, and then
   4. exhale as you swing them out to your sides, circling both hands up to meet above your head (keeping your elbows slightly rounded and relaxed).
   5. When your hands meet above your head, gently and slowly lower them with your palms facing downward.
   6. Repeat 3x.
   7. Lean to the right, close left foot to right, and Tai Chi salute to those who are with you.