

T'ai Chi at Home

T'ai Chi Conditioning – The Strength of a Lumberjack, The Pliability of a Child Exercise Outline

Arms

Trace the diagram on the wall while keeping the palm facing towards the center of the part of the path being traced.

Left arm

Palm up using left diagram, palm twisted up using right diagram.

Right arm

Palm up using right diagram, palm twisted up using left diagram.

Note that all but the exercise for the arms should be made into a continuous exercise by switching to the opposite diagram as soon as one diagram is completed.

Wrist

With palm down, the index finger traces the diagram on the wall. Only rotate the wrists.

Shoulder

Roll both shoulders at the same time with the diagram on the wall beside you.

Ankle

Standing on one leg, trace the diagram (which is placed on the floor) with the lifted toe in small circles using only the ankle.

Hip

Standing on one leg, trace the pattern (which is placed on the wall) either with the lifted knee or with the outstretched toe if possible.

Waist

Trace with the waist while the diagram is on the floor.

Coccyx/sacrum

Holding one hand in front of your lower abdomen and one behind, trace using just the region between your hands while the diagram is on the floor,

Sitting stretch

Sit on the floor with the legs spread and trace the pattern on the floor with your palms while bending forward.

Abs

Lying with your back to the floor, trace the diagram (which is placed on the ceiling) using your knees or the extended toes if possible. Keep the knees and feet together.

Spine stretch

Arch the back to look up, then down.

Neck stretch

Stretch the neck by turning it one direction slowly, then the other.

Body shaking - loosening exercise

Shake the hands and feet loosely, then the whole body.