

## Tai Chi Light Class: List of Movements

compiled by Helene Dobrowolsky

Cautions: Listen to your body! If any exercises are uncomfortable or painful, the instructor may be able to suggest modifications or – just don't do them. These are not detailed instructions but a Coles Notes type reminder list for people who are already familiar with these movements.

### Beginning

some stretching  
joint flexing from ankles up  
focus on elements of tai chi  
posture  
3 deep breathes

### Yin Yang Medical Qi Gong

Neutral  
Waterfall  
Fountain  
Two dragons skim across the water  
Side to side balancing qi gong  
Centreline balancing qi gong  
Pushing through – open gates of shoulders, open hips

Water wheel – bow step stance, hands turn “water wheel” in front – hands are shoulder are width apart, elbows & shoulders relaxed, sit into back leg as move back (rather than moving upper trunk back), lower back open, don't let front knee extend over toes.

Grinding corn. Feet hip distance apart. Hands alternate reaching out from centre (about solar plexus level) & circle out like polishing a table. LOTS of waist turning, other hand goes out as first comes in.

### Knocking and Pounding

2 dragons around golden column: waist turns lightly tapping hands at hips, waist and shoulders then back down.

Swing arms, backs of hands lightly thump against lower back, then up to kidneys.

hugs – centre stance, wt on one leg then hug with waist turn. Alternate sides

knees and shoulders – bend legs to lightly slap knees then cross arms to pat shoulders

Arms: patting arms from shoulder to top of hand, about 8 times; from palm to armpit, 8 times – repeat three times each side.

Legs, down the front and up the backs, count of 8, repeat three times.

Legs, down the sides top to bottom, alternate and repeat three times.

(Can also rub abdomen in both directions.) Rub kidneys.

Leg Swings: Using chair back, sink chi in support leg then p/u opp. foot. Start with light swing flexing ankle (point toe back, flex ankle fwd). Soften foot. If comfortable p/u knee. Extend foot, leg swing originating from hip then from rib cage.

### Walking (using wall if necessary)

Focus on: keeping tai chi posture, controlled shifting of balance pushing from feet, lowering centre of gravity, channel, head suspended, not stepping out too far, setting foot right down before shifting wt., not letting knee extend over toe, waist turns originating from ming men.

Apply TC principles to normal walking: channel between feet, lowering centre, relax chest and open back – esp. lower back, head suspended, softening feet to fully support weight, etc.

### Seated Exercises

focus on elements of tai chi posture even when sitting. (don't slump back, head suspended, chin down, relaxed shoulders and elbows, relax chest and open back)

Legs: point and flex feet, circle feet both ways.

Face massage: use middle fingers & work from top of chin, up centre then down around sides of face. Work from centre out: open 3rd eye, very gently under eyes, along cheekbones, rub upper & lower gums from centre out.

Pat scalp: pounding (very lightly) the heavenly drum with cupped hands. Go back along centre line, fwd. along sides (think about outlining two hemispheres of brain)

Massage scalp: fingers spread out and comb back or reach in and rub every few centimeters.

Ears: rotate ears 4 times each way, poke in forefingers at top front point and rotate 4 x each way  
- massage around outer edges top to bottom, tug on lobes at end  
- massage around connection to scalp, front clockwise around to back

Neck massage: rub C5 (knobby bone at base of neck); link fingers behind neck and pull down, reach down to shoulder and pull hand up.

Neck: drop head one side then other, use chin to draw in semi-circle back and forth across front, then across back.

Agreeable exercise, gently nodding head while moving head from side to side.

Eyes: tiger eyes. Slowly turn head to sides, lids sleepy then wide open & fierce at end of rotation (inhale as turn head out, exhale as head returns to centre). Don't over-rotate.

OR miner's lamp, slowly turning side to side shining out from 3rd eye, eyes open then with eyes closed

- eye exercises: head still, moving only eyes, side to side, up and down, diagonal both ways

Cup hands over half open or closed eyes for a little rest.

Shoulders: bring up one shoulder then other. Fingers on shoulders. Rotate from small to larger circles then small again. Rotate in opposite direction.

- Backs of hands against kidneys, slowly flap elbows like wings opening chest and back

Arms: Wrists: circle both ways. Hand on thighs, fingers pointed in – stretch out arms. Back of hand on thighs, whole hand down, gently bend forearm back.

Tiger's Claw – Extend fingers then maintaining pressure visualize squeezing while holding softball, tennis ball, golf ball and make fist. 3 x

Snakes – arms move in all directions, use fingers.

Stroke fingertips with thumb.

Trunk: Belly dancing. marble in bowl image, side to side, front to back, circle both ways. focus on isolating rib cage.

Turtle: stretch up neck and truck while pushing down arms while inhaling; as exhale, fold forward slightly and draw in muscles of abdomen.

Opening the Heart. Sit right against chair back. Ball of golden light, opening way back, arms out, glaring eyes, tongue extended, bring energy fwd, bend over and down on lap, hands on shoulder blades, alt. arms

Caribou turns to the moon. Use chair back to assist with trunk twists.

Spleen Exercise. Make diamond with thumbs & 1st two fingers – hold up and out and look through while turning from side to side.

Extending chi – Visualize creating a field of energy between hands. Cup hands together then open in different locations over top head, forehead, nose, jaw, heart, shoulders, one side then other. Stomach relaxed, open lower back; Stomach area, lower dantien, down legs. Finish with hands on dantien.

Closing Exercises (standing):

Dog/cat – bend at waist, alternate flattening back with butt out (friendly dog), then arching back, head down (hissing cat)

Monkey swings tail between the legs (elliptical movement of hips – front to back, back to front)

Grab floor with toes

wide stance - clean out the barrel (hip rotations – large & small), rotate hips in figure 8s.

Close (arms overhead and big slow breaths). Visualize tension draining out soles of feet deep into ground with every exhalation.

Bow