

SELF PRACTICE ROUTINE
STAY IN YOUR COMFORT ZONE AT ALL TIMES

WARM-UP

- Rotate knees
- Chinese exercise for long life (stand on toes and heels)
- Chicken exercise (chin forward and back)
- Rotate head to L and R
- Rotate shoulders
- Stretch fingers
- Shake wrists to loosen thumbs
- Doggy Paddle
- Karate chop with hands
- Polish table with hands
- Rotate pelvis – Post Office exercise



TAI JI : STANDING POSTURES

Standing

- Feet parallel, Hip width apart
- Knees bent
- Weight between heel and toes
- Roll pelvis B and F to find neutral point
- Building blocks for spine
- Vertical axis, Top of head – Tantien- Tong
- Heavy shoulders
- Balance head
- Look at horizon
- Standing in a swimming pool sensation

Tan Tien

- Post office exercise
- Full monty exercise

Breathing, Painting Exercise

- Lift wrists to neck as you breathe in
- Lower wrists to lower belly as you breathe out
- Repeat 10 times

Hold beach ball from below

- Palms upwards at lower belly height
- Fingers pointing at each other
- Heavy, liquid shoulders, Relax, Smile
- Hold for 1 minute (3, 5, 20)

Lift wrists to chest

- Palms face chest
- Fingers pointing at each other
- Holding beach ball against chest
- Heavy, liquid shoulders, Relax, Smile
- Hold for 1 minute (3, 5, 20)

Lower wrists to lower belly

- Repeat: **Hold beach ball from below**

TAI JI : CHI KUNG EXERCISES

Push me Pull you

1. See standing posture
2. Place one foot behind at 45 degrees
3. Hands reach forward palms up, tantien level
4. Front foot pointing forward (zero degrees)
5. Both feet hip width apart (running stream)
6. Move back (in breath), palms up
7. Move forward (out breath), palms down and forward
8. Repeat steps 6 and 7, five times
9. Go to 1, changing feet and start again
10. Finish in standing posture and listen

Body massage

1. Refer to standing posture
2. Feet parallel and more than hip width apart
3. Raise wrists to chest height
4. Hold “beach ball” between hands and chest
5. Breathe in, moving weight of body to L, twisting to R
6. Breathe out, pushing “beach ball” down R leg to toes
7. Breathe in, pulling “beach ball” up R leg, to chest as you center yourself
8. Move weight of body to R, twisting to left
9. Breathe out, pushing “beach ball” down L leg to toes
10. Breathe in, pulling “beach ball” up L leg, to chest as you center yourself
11. Move weight of body to L, twisting to R
12. Repeat...
13. Finish in standing posture and listen