

TAI JI QUAN WARM-UP EXERCISES

1. JOINT OPENING EXERCISES

1. Rotate head side to side, 3 x
2. Chin down, roll hips forward, inhale; chin up, arch spine, exhale, 3 x
3. Small circle with top of head, 3 x each way
4. Hands at side, raise to side above head; touch back of hands together, 3 x
5. Back stroke, pulling arms high above head, hands opposed, 5 x
6. Front stroke, pulling arms high above head, hands opposed, 5 x
7. Roll shoulders forwards and backwards, 5 x each
8. Arms extended to sides, turn balls in palms, from the *dantian*.
9. Hands touch back to back, raise in front on inhale; behind head, exhale; 5 x
10. Push out palms-pull back fingers; rotate to outside, then to inside; 3 x
11. Push out palms-pull back fingers; make circles with the fingertips, each direction 3 x
12. Pull fingers into claw, push out, 3 x
13. Flap hands down and up, 5 x
14. Rotate waist with head stationary, 5 x each side
15. Rock hips back and forth, 5 x

16. Heels together, toes out, hands to inner knees. Squat, rotating knees to outside, 5 x
17. Heels together, toes out, hands to outer knees. Squat, rotating knees to inside, 5 x
18. Feet and knees together, rotate knees 3 x in each direction.
19. Balance on one foot, rotate knee, 3 x each direction; Repeat on other leg
20. Balance on one foot, rotate toe-ankle, 5 x each direction
21. Rock foot up and down, 5 x; Repeat on other leg
22. Forward spinal roll, one vertebrae at a time, hands pushing head downwards, relaxing spine. Push head into knees. Rise one vertebrae at a time. Repeat 2 x
23. Raise hands to sky, bring around to hips. Bend backwards, hands on hips, 1 x
24. Pull crown point high, rotate on pole twisting left and right.
25. Arch spine, rotate head to left, then hips to left; look over shoulder at opposite heel. Repeat to right side. Repeat 3 x each side
26. Sideways bend, arm over head to side, each side 3 x
27. Bend forward, grasp rock, rotate behind head and around to front.
Repeat 2 x, each direction

2. *YI JIN JING*: TENDON MARROW LINKAGE EXERCISES

*Use Condensing Breathing with Contraction
into 5 lines: arms, legs, spine/skull*

1. **Universal post, hands high above head**
2. **Feet together, push palms out to sides, fingers back**
3. **Cross hands, palms to sky, horse stance, rotate to left and right.**
4. **Pull Between Legs**
Horse Stance Squat. Bend forwards, pull weight between legs.
Straighten back without rising.
5. **Raise Palms Above Head**
Palms interlocked, thumbs and pinkies touching.
Inhale: Raise straight arms above head.
Exhale: lower, straight arm to level of sternum.
6. **Push Pole into Ground**
Interlock palms. ,Exhale: Push pole downwardsinto ground.
Inhale: Pull upwards, bending elbows.
7. **Horizontal palms extension**
Inhale: Palms interlocked, to sternum. Legs bent.
Exhale: Push buttocks backwards, straighten legs, and extend palms forward and out.
8. **Fishing posture**
Feet crossed, and together.
One arm raised, one arm behind back.
Pivot at lower back, up and down. Change.
9. **Diagonal Fishing**
Weight on back leg, bent.
One arm across chest, other arm raised above head.

Bend and compress with palm into forward leg.

10. Linkage Arrow and Bow

Arrow and bow stance, weight forward.

Inhale: Shift weight, draw hand to chest. Twist.

Exhale: Shift to forwards leg, bring hand around.

3. QI GONG EXERCISES

1. **Heavenly Water**

Rotate the tongue 12 x in each direction out side of the teeth.

Rotate the tongue 12 x in each direction behind the teeth, teeth closed.

Energize the saliva with your mind. Swallow in three parts with microcosmic orbit.

2. **Microcosmic Orbit, (Small Circulation, *Xiao Zhou Tian*)**

a) **Inhale** up inside of legs to coccyx, then up midline of back over top of head to eyebrows

b) **Exhale** from eyebrows down midline of front to anus, then to outside of hips, and down the outside of the legs.

3. **Four Limb *Qi Gong* (Large Circulation, *Da Zhou Tian***

a) **Inhale** through bottom of feet, inside of legs, to sternum (chest)

b) **Exhale** from sternum down inside of arms to palms

c) **Inhale** fingers, outside of arm, shoulders, back and sides of neck to top of head

d) **Exhale** top of head, back and sides of back, hips, legs and out feet into ground

4. **Universal post position, natural breathing**

Inhale allowing *dantian* to expand the body.

Exhale , sink *qi* from the *dantian* to bottom of feet.

5. **Six Gate Condensing breathing.**

Inhale through feet and hands to *dantian*, contracting lower abdomen and pulling up anal sphincter. Pull hands towards chest, palms out.

Exhale from *dantian* to feet and hands. Relax lower abdomen and anal sphincter, allowing energy to move back to hands and feet. Exhale pushing hands away from chest, palms out.

Six gates: *baihui* (top of head), *huiyin* ((between anus and genitals), *laogong* (palms) and *yongquan* (ball of foot).

6. **Fusion of the Three Jewels**

a) **Inhale** up center of the torso, from *huiyin* to *baihui*.

b) **Exhale** out the third eye, heart, and lower *dantian*. Also out palms and soles (*laoogong* and *yongquan*).

7. Bringing Heaven to Earth

a) **Inhale** raising arms at side to above head.

b) **Exhale** Push palms in front of body, pushing energy downwards through the center of the body.

Beginning Posture, condensing breathing. Feet together, hands at thighs.

4. TAIJI EXERCISES

Use Condensing Breathing

1. Upwards and downwards, 5 x, (natural breathing)
 2. Inwards and outwards, 5 x, (natural breathing)
 3. Raise hand stance, right side open, 5 x
 4. Raise hand stance, left side open, 5 x
 5. Long arm, short arm, 5 x, each side
 6. Raise hand stance, forward leg, rotate 5 x
 7. Raise hands stance, single weighted, back foot, rotate 5 x
- Repeat for other side
8. Four forms (*Grasp Sparrow's Tail*), each side, 5 x
 9. Single Hand Push, each side, 5 x
 10. Cross hands, 5 x
 11. Return to preparation stance, condense breathing, 5 x

5. TWO PERSON EXERCISES

Single Hand Push, Solo

1. Single Hand Push, Arrow and Bow, Stationary
2. Single Hand Push, Arrow and Bow, Forwards Walking
3. Single Hand Push, Arrow and Bow, Backwards Walking
4. Single Hand Push, Arrow and Bow Circle

Single Hand Push, Two Person

1. Single Hand Push, Arrow and Bow, Forwards and Backwards Walking
2. Single Hand Push, Arrow and Bow Circle, Forwards and Backwards Walking.

Ward Off-Push, Solo

1. Ward Off-Push, Arrow and Bow Circle, Stationary
2. Ward Off-Push, Arrow and Bow, Forwards Walking
3. Ward Off-Push, Arrow and Bow, Backwards Walking

Ward Off-Push, Two Person

1. Ward Off-Push, Arrow and Bow Circle, Forwards and Backwards Walking

Four Forms

Da Lu

Two Person Form

6. FIVE STYLE STEPPING

1. Arrow and Bow, Forwards
2. Repulse Monkey, Backwards
3. Attaching Steps, Forward
4. Attaching Steps, Backwards
5. Raise Hands Stance, Side and Back