

Tai Chi Chaun
Calming Exercise



Posture 1

1. Place the feet shoulder width apart
2. Knees are straight but not locked
3. Arms at side
4. Breathe evenly
5. Inhale and exhale through your nose

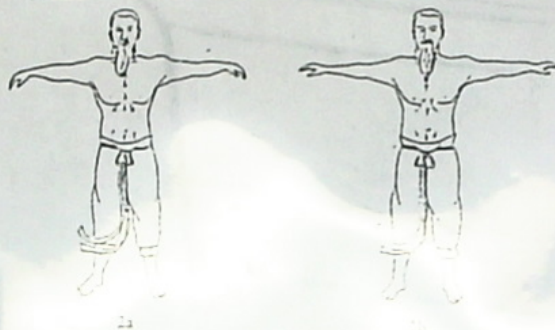


Posture 2

1. As you INHALE, slowly raise the arms, palms facing down, fingers pointing down and wrists flexed.

Posture 2

1. As you INHALE, slowly raise the arms, palms facing down, fingers pointing down and wrists limp. 2A
2. As you EXHALE, straighten your hands at the wrists, fingers pointing out, and palms facing the ground. 2B



Posture 3

1. As you INHALE, move the hands horizontally to the front of your body, cross the right wrist over the left, fingers straight, palms facing the ground. 3A
2. As you EXHALE, allow the hands to drop at the wrists, palms facing the body. 3B



3a



3b

Posture 4

1. As you INHALE, lower the hands and turn them inward, keeping the wrists crossed. 4A
2. As you EXHALE, bend your knees as if to sit, keeping the

3a

3b

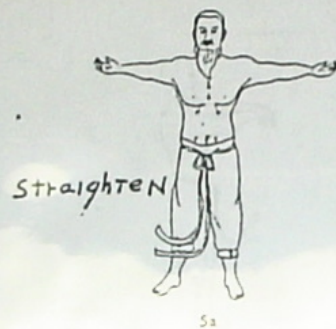
Posture 4

1. As you INHALE, lower the hands and turn them inward, keeping the wrists crossed. 4A
2. As you EXHALE, bend your knees as if to sit, keeping the spine straight. Also 4A
3. As you INHALE, gradually straighten the knees as your arms unfold and move to your sides. 4B
4. As you EXHALE, sit down slightly and lift the palms upward and outward extending the arms to the front of the body. 4C



Posture 5

1. As you INHALE, move your arms apart horizontally 180 degrees, palms up and straighten your legs. 5A
2. As you EXHALE, straighten the arms, open the hands, and point the fingers out as far as possible with palms up. 5B

Posture 6

1. As you INHALE, bend the knees as if to sit, keeping the spine and head straight. At the same time make loose fists and

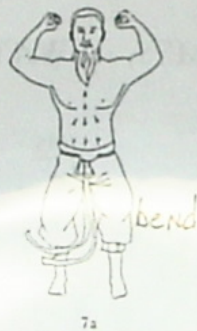
Posture 6

1. As you INHALE, bend the knees as if to sit, keeping the spine and head straight. At the same time make loose fists and bring them next to your head, palms turned to the front. 6A
2. As you EXHALE, straighten the legs, lower the arms to shoulder level, opening the fists, and extending the fingers, palms down. 6B



Posture 7

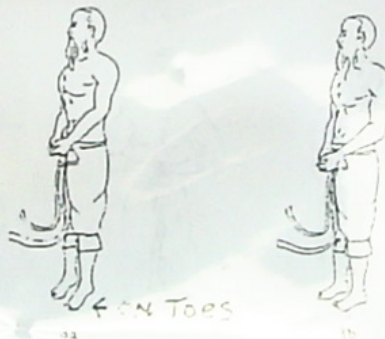
1. As you INHALE, bend your knees and bring the fists next to your ears. 7A (same as 6A)
2. As you EXHALE, open the fists, extend the legs standing on your toes and raising the arms and hands. Cross the hands (left in front of right) over the head with palms facing forward. 7B

Posture 8

1. As you INHALE, remain on your toes and gradually lower the arms in circle form so that they come naturally together with

Posture 8

1. As you INHALE, remain on your toes and gradually lower the arms in circle form so that they come naturally together with the hands in front of the belly. The back of the left hand is placed on the right palm with the thumbs touching each other. 8A
2. As you EXHALE, lower your body so that your heels are on the ground. 8B



Posture 9

1. As you INHALE, turn your head to the **left** and look over your **left** shoulder. 9A
2. As you EXHALE, turn your head gradually to look to the front. 9B
3. As you INHALE, turn your head to the **right** and look over your **right** shoulder. 9A
4. As you EXHALE, turn your head gradually to look to the front. 9B

Note: REPEAT THIS FIVE TIMES, ALWAYS ENDING ON THE RIGHT.



9a



9b

Posture 10

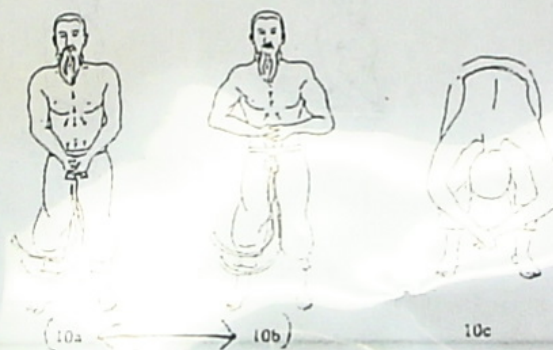
9a

9b

Posture 10

1. As you INHALE, lift the joined palms to chest height. 10A & 10B
2. As you EXHALE, turn the palms face down and bring them to the floor, if possible, bending at the waist and keeping the knees straight but not locked. 10C

Note: REPEAT THIS UP AND DOWN SERIES FIVE TIMES.



Posture 11

1. As you INHALE, while rising from the floor (posture 10C) bend the knees as if to sit, crossing the **right** wrist in front of the **left** wrist with the palms facing the body. 11A
2. As you EXHALE, straighten the legs, lift the **left** palm (inside) to the sky and push the **right** palm (outside) to the earth. 11B
3. As you INHALE, while rising from the floor (posture 10C) bend the knees as if to sit, crossing the **left** wrist in front of the **right** wrist with the palms facing the body. 11A
4. As you EXHALE, straighten the legs, lift the **right** palm (inside) to the sky and push the **left** palm (outside) to the earth. 11B

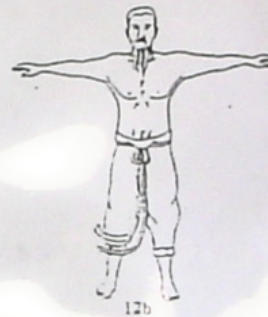
Note: REPEAT THIS COMBINATION FIVE TIMES ENDING WITH THE RIGHT PALM TO THE SKY.





Posture 12

1. As you INHALE, lower the right arm and raise the left, bringing the arms to shoulder height with the palms facing down and the wrists bent. 12A (Same as 2A)
2. As you EXHALE, extend the hands and fingers, palms down 12B (Same as 2B)



Posture 13

1. As you INHALE, gradually move the arms to the front of the body with the right wrist crossed over the left, palms facing down. 13A (same as 3A)
2. As you EXHALE, let the hands drop at the wrists, with the palms facing the body. 13B (same as 3B)



Posture 14





























1. As you INHALE, simultaneously lower the hands and fold them inward and bend the knees as if to sit. After the arms have dropped and unfolded in front of the thighs, bring the left palm to rest on the right palm. Then straighten the legs and

Posture 14

1. As you INHALE, simultaneously lower the hands and fold them inward and bend the knees as if to sit. After the arms have dropped and unfolded in front of the thighs, bring the left palm to rest on the right palm. Then straighten the legs and gradually move the joined palms to the chest. 14A & 14B
2. As you EXHALE, turn the joined palms downward, separate them, and allow them to float, ending with the arms at the side. 14C

NOTE: HOLD THE BODY AT REST FOR A COUPLE OF MINUTES, EYES CLOSED, AND FEEL THE WHOLE BODY GRADUALLY CALM DOWN.



						
Starting.	Parting The Wild Horse's Mane. 3 times.	White Crane Spreads It's Wings.	Brush Knee, Push. 3 times.	Playing The Guitar/Lute/Pipa.	Repulse Monkey. 4 times.	Hold The Ball, Ward Off.
						
Grasp The Bird's Tail.	Press, Sit Back.	Open up and Push. Repeat the last 4 moves, going right.	Single Whip.	Cloud Hands, going left.	Single Whip again, High Pat on Horse.	Right Heel Kick.
						
Carry The Tiger Over The Mountain.	Turn.	Left Heel Kick.	Snake Creeps Through The Grass.	Stand on one leg. Repeat on Right side.	Shuttle Back And Forth.	Needle At Bottom Of The Sea.
						
Fan Through The Back.	Turn.	Right Back Fist.	Parry and Punch.	Apparent Closing.	Cross Hands.	Close.





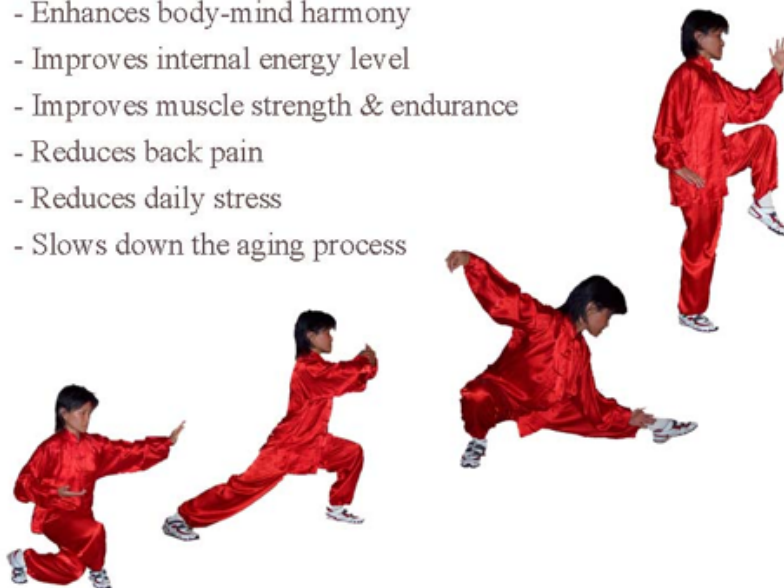


Tai Chi



Benefits:

- Enhances body-mind harmony
- Improves internal energy level
- Improves muscle strength & endurance
- Reduces back pain
- Reduces daily stress
- Slows down the aging process



太極拳

t'ai chi ch'uan