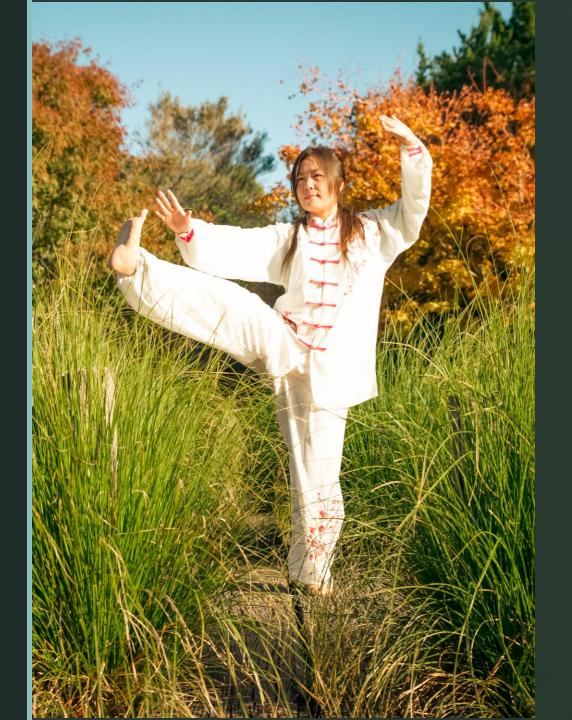


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Tai Chi For Beginners

8-form Tai Chi Fundamental



Summary

- 1* Hand Form
- 1* Stepping Form
- 3* Standing Meditation Form
- 2* Balance Form
- 2* Breathing Form

Hand -Holding a ball

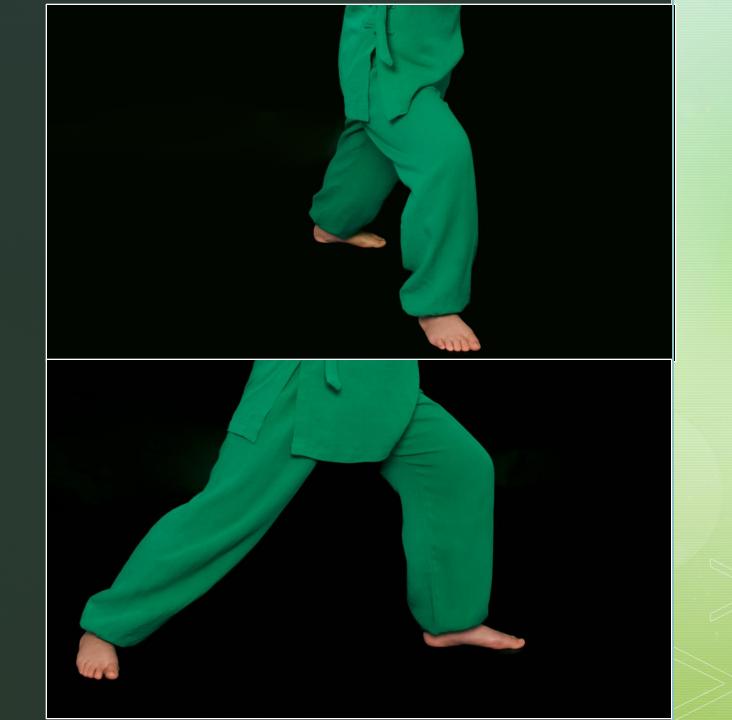
Open your
 hands, relax
 the fingers in
 your natural
 way, like
 holding a ball





Stepping (a) - Lunge

- Front leg bent, back leg straight
- Alignment: Tailbone vertical to the ground



Stepping (b)-Sit back, transfer weight and turn



Stepping (c)- T-Step (Optional)





Stepping (d)- Rebalance: waist turning& heel pressing



Standing Meditation Basics

- Open Lower Back
- Tailbone vertical to the ground
- Knees align with feet
- Drop shoulders
- Hollow chest, open upper back
- Lift top of head





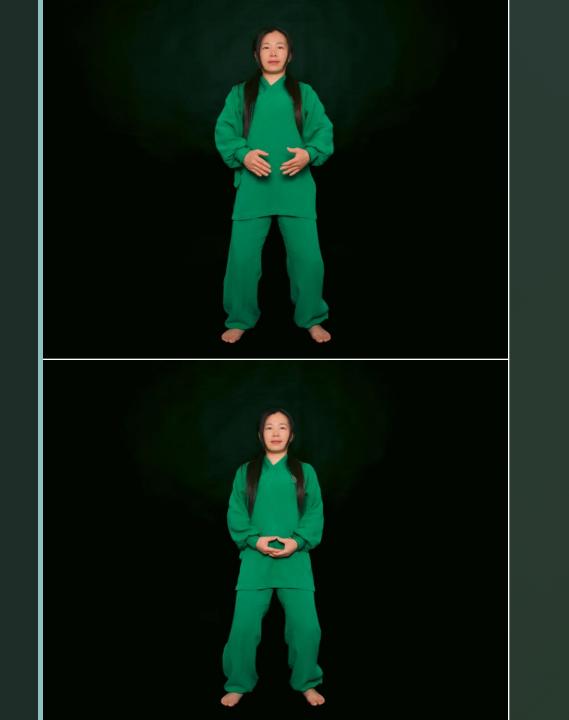
Standing Meditation 1-Up and Down

- Upward: hands->forearms->upper arms
- Downward: Bodyweight ->upper arms- forearms -> hands
- Reserve space under armpits and your shoulder is relaxed the whole time
- Move from feet and core





Standing Meditation 2- Open & Close



Standing
Meditation 3 –
Relax & Be Still

Balance 1- Knee Lifting

- Turn to the side 30 degree to 45 degree
- Foot towards knee
- Keep the spine uplifted





Balance 2 – Leg Holding

- Formative Exercise: hold the back of the leg and stretch
- Flexibility Training:Leg press in standing position

Breathing

- Focus on lower tummy-Dantian
- Option 1, inhale, belly rises- calm the mind
- Option 2, inhale, belly falls- subtle energy
- Changing point: in sync with hands and/or legs
- For beginners, simply breath naturally



Congratulations!

- Tai chi is often described as "meditation in motion," but it might well be called "medication in motion."
- This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.

<The Health Benefits of Tai Chi>

Harvard Medical School

May 24, 2022

