



Ma Healing Hut

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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

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