

Tai Chi Warm-Ups

Neck

Hands raise in front of you.
Rotate palms to face you, and
bring hands back and tuck chin.
Rotate palms, extend hands
forward and as you bring the
hands down, bend head down.
Raise, repeat x 3.

Hands raise in front of you. Press
right hand down, rotate left palm
to face you, bring left hand to left
and turn head to follow. Back to
center, change hands and repeat
on right side. Repeat x 3.

Shoulders

Small forward shoulder circles x 3.
Small backward circles x 3.

Palms up and circle arms out to
side and up as you inhale, then
palm down and press down in
front of you as you exhale.
Repeat x 3.

Trunk

Hold ball. Bring bottom hand up to
press upward. Top hand presses
down. Bring back to ball. Repeat
starting with the opposite hand on
top. Repeat x 3.

Hold ball. Carry ball to knee, turn
ball over, carry to opposite knee.
Repeat x 3.

Tai Chi Warm-Ups

Neck

Hands raise in front of you.
Rotate palms to face you, and
bring hands back and tuck chin.
Rotate palms, extend hands
forward and as you bring the
hands down, bend head down.
Raise, repeat x 3.

Hands raise in front of you. Press
right hand down, rotate left palm
to face you, bring left hand to left
and turn head to follow. Back to
center, change hands and repeat
on right side. Repeat x 3.

Shoulders

Small forward shoulder circles x 3.
Small backward circles x 3.

Palms up and circle arms out to
side and up as you inhale, then
palm down and press down in
front of you as you exhale.
Repeat x 3.

Trunk

Hold ball. Bring bottom hand up to
press upward. Top hand presses
down. Bring back to ball. Repeat
starting with the opposite hand on
top. Repeat x 3.

Hold ball. Carry ball to knee, turn
ball over, carry to opposite knee.
Repeat x 3.

Tai Chi Warm-Ups

Neck

Hands raise in front of you.
Rotate palms to face you, and
bring hands back and tuck chin.
Rotate palms, extend hands
forward and as you bring the
hands down, bend head down.
Raise, repeat x 3.

Hands raise in front of you. Press
right hand down, rotate left palm
to face you, bring left hand to left
and turn head to follow. Back to
center, change hands and repeat
on right side. Repeat x 3.

Shoulders

Small forward shoulder circles x 3.
Small backward circles x 3.

Palms up and circle arms out to
side and up as you inhale, then
palm down and press down in
front of you as you exhale.
Repeat x 3.

Trunk

Hold ball. Bring bottom hand up to
press upward. Top hand presses
down. Bring back to ball. Repeat
starting with the opposite hand on
top. Repeat x 3.

Hold ball. Carry ball to knee, turn
ball over, carry to opposite knee.
Repeat x 3.

Tai Chi Warm-Ups

Neck

Hands raise in front of you.
Rotate palms to face you, and
bring hands back and tuck chin.
Rotate palms, extend hands
forward and as you bring the
hands down, bend head down.
Raise, repeat x 3.

Hands raise in front of you. Press
right hand down, rotate left palm
to face you, bring left hand to left
and turn head to follow. Back to
center, change hands and repeat
on right side. Repeat x 3.

Shoulders

Small forward shoulder circles x 3.
Small backward circles x 3.

Palms up and circle arms out to
side and up as you inhale, then
palm down and press down in
front of you as you exhale.
Repeat x 3.

Trunk

Hold ball. Bring bottom hand up to
press upward. Top hand presses
down. Bring back to ball. Repeat
starting with the opposite hand on
top. Repeat x 3.

Hold ball. Carry ball to knee, turn
ball over, carry to opposite knee.
Repeat x 3.

Hips

Keep weight right. Left heel touch in front and arms extend to back. Toe touch behind with arms extended in front. Repeat x 3. Change legs and repeat x 3.

Keep weight right, extend left leg toward left, extend arms in front of right shoulder. Bring leg back. Shift weight and repeat on opposite side. Repeat x 3.

Knees

Weight right. Raise left knee and extend leg to front, punch forward with right fist. Raise left knee, bring foot and fist back. Weight left and repeat. Repeat x 3.

Weight right. Place left foot forward, heel down, foot flat. Then shift weight onto left foot, and punch with right hand. Shift weight back to right foot, bring foot and fist back. Weight left and repeat. Repeat x 3.

Ankles

Weight right, hands over dan tian. Lift left foot and touch down on the heel then toe x 3. Weight left and repeat.

Keep all the weight on the right, hands over dan tian. Lift left foot and, without shifting weight, touch the outside of the foot and then the inside of the foot to the same spot on floor x 3. Weight left and repeat.

Cool Downs

Thump Thighs.
Tighten and relax all muscles.
Repeat 2nd shoulder warm-up.

Hips

Keep weight right. Left heel touch in front and arms extend to back. Toe touch behind with arms extended in front. Repeat x 3. Change legs and repeat x 3.

Keep weight right, extend left leg toward left, extend arms in front of right shoulder. Bring leg back. Shift weight and repeat on opposite side. Repeat x 3.

Knees

Weight right. Raise left knee and extend leg to front, punch forward with right fist. Raise left knee, bring foot and fist back. Weight left and repeat. Repeat x 3.

Weight right. Place left foot forward, heel down, foot flat. Then shift weight onto left foot, and punch with right hand. Shift weight back to right foot, bring foot and fist back. Weight left and repeat. Repeat x 3.

Ankles

Weight right, hands over dan tian. Lift left foot and touch down on the heel then toe x 3. Weight left and repeat.

Keep all the weight on the right, hands over dan tian. Lift left foot and, without shifting weight, touch the outside of the foot and then the inside of the foot to the same spot on floor x 3. Weight left and repeat.

Cool Downs

Thump Thighs.
Tighten and relax all muscles.
Repeat 2nd shoulder warm-up.

Hips

Keep weight right. Left heel touch in front and arms extend to back. Toe touch behind with arms extended in front. Repeat x 3. Change legs and repeat x 3.

Keep weight right, extend left leg toward left, extend arms in front of right shoulder. Bring leg back. Shift weight and repeat on opposite side. Repeat x 3.

Knees

Weight right. Raise left knee and extend leg to front, punch forward with right fist. Raise left knee, bring foot and fist back. Weight left and repeat. Repeat x 3.

Weight right. Place left foot forward, heel down, foot flat. Then shift weight onto left foot, and punch with right hand. Shift weight back to right foot, bring foot and fist back. Weight left and repeat. Repeat x 3.

Ankles

Weight right, hands over dan tian. Lift left foot and touch down on the heel then toe x 3. Weight left and repeat.

Keep all the weight on the right, hands over dan tian. Lift left foot and, without shifting weight, touch the outside of the foot and then the inside of the foot to the same spot on floor x 3. Weight left and repeat.

Cool Downs

Thump Thighs.
Tighten and relax all muscles.
Repeat 2nd shoulder warm-up.

Hips

Keep weight right. Left heel touch in front and arms extend to back. Toe touch behind with arms extended in front. Repeat x 3. Change legs and repeat x 3.

Keep weight right, extend left leg toward left, extend arms in front of right shoulder. Bring leg back. Shift weight and repeat on opposite side. Repeat x 3.

Knees

Weight right. Raise left knee and extend leg to front, punch forward with right fist. Raise left knee, bring foot and fist back. Weight left and repeat. Repeat x 3.

Weight right. Place left foot forward, heel down, foot flat. Then shift weight onto left foot, and punch with right hand. Shift weight back to right foot, bring foot and fist back. Weight left and repeat. Repeat x 3.

Ankles

Weight right, hands over dan tian. Lift left foot and touch down on the heel then toe x 3. Weight left and repeat.

Keep all the weight on the right, hands over dan tian. Lift left foot and, without shifting weight, touch the outside of the foot and then the inside of the foot to the same spot on floor x 3. Weight left and repeat.

Cool Downs

Thump Thighs.
Tighten and relax all muscles.
Repeat 2nd shoulder warm-up.