
















TAI CHI FORM	DESCRIPTION	IMAGE
Bow Stance	Start with feet shoulder width apart, turn left foot out 45 degrees, step right foot forward (comfortable distance forward), keep feet in this position. Slowly shift body weight from the left foot to the right foot (do not lift feet off the floor). Inhale when shifting weight to left foot. Exhale when shifting weight to right foot. Switch feet and repeat.	
Bow and Arrow	Start with feet shoulder width apart, raise both arms to the right, draw left arm back as if pulling an arrow back while shifting body weight to the left (inhale through your nose as you do this). Exhale through your mouth as you move left arm forward back to starting position. Lower both arms down and switch sides. Now raise both arms to the left, inhale as you shift weight to the right and draw the arrow back. Release the arrow and repeat as above.	
First Tai Chi Movement	Begin with feet shoulder width apart, raise both arms up to no higher than shoulder height. Pull the hands towards the chest horizontally while dropping the elbows down. Press hands down the front of the body to the floor with palms facing down. Bend knees slightly as you push your hands down (straightening the arms) and exhale through your mouth. Inhale while you straighten your arms and legs and repeat as above.	
Gathering	Feet are in same position as Bow Stance and weight shifting is same as well. Arms are stretched wide open (horizontally) while weight is on back leg. As you shift forward, exhale through your mouth and move the arms forward until fingertips meet. Turn palms toward you and bring arms toward your chest as you shift backward. Switch feet and repeat.	

<p>Polishing the Table Top</p>	<p>Feet are shoulder width apart; knees bent slightly (maintained during this movement). Arms are resting forward in front at hip level. Shift your weight to the right, rotate trunk to the right, and move hands to the right as if you polishing a semi-circular table in front of you. Shift your weight to the left, rotate trunk to the left, and move hands to the left. Inhale once you are turned to the left and exhale as you are rotating to the right. Repeat.</p>	
<p>Gathering Energy</p>	<p>Start with feet shoulder width apart. Raise both arms to the side and up overhead (palms facing upwards). Palms touch overhead and descend down in front of chest (hands in prayer position). Bend knees slightly as palms come down and exhale through mouth. Straighten knees, raise arms overhead as above and inhale deeply through nose. Optional to have head positioned up while raising arms overhead and head positioned down while hands are descending down in front of body.</p>	
<p>Punching</p>	<p>Feet are shoulder width apart. Swing both arms up the right side. Draw left arm back as in the Bow and Arrow exercise. Slowly and gently punch the left arm forward while simultaneously drawing right arm back. At the same time, punch right arm forward while left arm draws back. Drop both arms and switch sides raising both arms to left. Inhale through nose as you draw arm back. Exhale through mouth as you punch and switch sides. Repeat as above to opposite side.</p>	

Stepping	<p>Feet are shoulder width apart and knees slightly bent. Shift all your weight onto right leg. Slowly lift left leg and place heel one step length forward on the ground. Slowly transfer weight forward onto left foot from heel, to midfoot, to forefoot and toes (keeping heel on the ground). 70% of your weight should be transferred and shifted forward on the left foot. Slowly peel your toes off the floor feeling the weigh transfer back towards the heel and slowly place the left foot back in starting position. Exhale as you shift weight forward. Inhale as you shift weight backward. Repeat for opposite side.</p>	
Stoking the Fire	<p>Feet are shoulder width apart and knees slightly bent. Inhale through nose as you stretch both arms out to the sides with palms facing upwards (no higher than shoulder level). Exhale while moving arm in front of you with palms down and knees slightly bent (making sure elbow are bent as well). Inhale and repeat as above.</p>	
Pitching	<p>Feet are shoulder width apart. Shift weight towards the right foot. Tap the toes of left foot next to the right foot. During this sequence, elbows bend up to the right (keep shoulders relaxed and elbows close to trunk). Return left foot to starting position and arms will rest down in center. Inhale as your arms are resting in the center. Exhale as you shift your weight from one side to the next. Repeat to opposite side. Optional: to turn your head and look at your fingers while elbows are bent.</p>	

Turning the Wheel	<p>Position feet in Bow Stance. Place hands at chest level as if you were holding a basketball between them. Move hands in circular motion as if you were turning a wheel clockwise in front of you. Palms are facing each other. As hands draw back towards you, shift your weight backwards. As hands circle away from you, shift your weight forwards. Inhale as arms come toward you. Exhale as arms move away from you. Then reverse the direction of the circle and repeat in counter-clockwise motion. Switch legs and repeat as above on opposite side.</p>	
Embrace the Moon	<p>Feet are shoulder width apart. Place arms out to sides, with palms facing down towards floor. Gently bend knees as arms come in towards your trunk. Arms are positioned as if they are cradling a large round ball (right arm on top at chest level and left arm on bottom by level of belly button). Return arms to the side as knees straighten. Repeat with left arm on top of the "ball/moon" and right arm on bottom. Inhale as arms are opening out to the sides. Exhale as arms "cradle the ball/moon".</p>	
Crane Spreads Wings	<p>Feet are shoulder width apart. Position arms diagonally with right hand high and left hand low (left palm facing up). The left hand travels up diagonally to meet the right hand, and right hand will "catch" the back of the left wrist as it is rising up to meet the right. Rotate the torso to left with your hands in the same position. Then let right hand drop down diagonally while left hand is in the high position (right palm facing up). The right hand will travel back diagonally across the body and will be caught by the left hand. Rotate the torsion to right and repeat. Inhale as your arms are stretched in opposite diagonals. Exhale as your arms come together and rotate. Optional: to have your head follow the movement of the hand as it lowers and raises.</p>	

<p>Swimming</p>	<p>Feet are placed in Bow Stance. Backs of the hands come together in front of the chest. Maintain this position of the hands as you shift your weight forward. Arms separate and stretch to the sides as you shift your weight backwards. This motion is similar to arm motion of the breast stroke. Exhale as your weight shifts forward. Inhale as your weight shifts backwards. Repeat to opposite side.</p>	
<p>Rooster Stands on 1 Leg</p>	<p>Feet are shoulder width apart. Shift your weight to the right leg as you lift your left arm and leg simultaneously and hold. As you are holding this position, focus through a "V" shaped formed by your left hand. Lower both the left arm and leg down and perform a mini squat. Shift your weight to left leg as you lift your right arm and leg simultaneously and hold. As you are holding this position, focus through a "V" shape formed by your right hand. Pick a side to follow a cycle of breathing- when you lift that side's elbow up and knee up, inhale; as you lower and switch sides, exhale. You may want to lean your back gently against the wall for balance; as your balance improves, position yourself away from the wall.</p>	

Repulse Monkey

Feet are shoulder width apart. Left arm is extended out in front of you (90 degrees). Circle the right arm around to the back and then push that hand past your face. As you extend the right arm to the front, simultaneously pull left arm back with palm up and circle the left arm out to the back. Head and torso will turn to observe the hand as it swings around to the back. Repeat. Soften the knees to allow ease of trunk rotation. Pick one hand to follow a cycle of breathing- as you push that hand past your face, exhale; and as you draw that same arm back, inhale.

