



# THE T'AI CHI CENTRE

## WARM-UP EXERCISES

*In all of the warm-ups, unless otherwise stated, all movement comes from the waist and the body does not lean or incline. The sacrum and lower lumbar vertebrae hang vertically and the chin is gently tucked in. Hold the tip of the tongue lightly against the top palate slightly behind the teeth and breathe through the nose down into the tan-tien, relax the chest and the shoulders, keep the knees bent. Quieten down the mind.*

1. Feet parallel, shoulder width apart, let the arms hang loosely. Turn the waist to the left sink the weight into the left leg - turn the waist to the right and sink the weight into the right leg. The waist moves the arms which hit the body on the tan-tien and the corresponding place on the back.
2. As above, except turning the waist to the left and sinking the weight into the right leg lifting the left toes allow the left foot to turn on the heel - arms as above.
3. As above, except turning on the ball of the left foot as the weight sinks into the right leg. The arms do not hit the body and are slightly lifted when facing the front.
4. Feet parallel shoulder width apart, the arms are rounded and held at chest height palms facing out. Begin to make clockwise circles with the arms, the circles get larger with each revolution, bend at the hips not at the lower back. Reverse the circles, touching the palms lightly together at the top of the circles, gradually reduce the size of the circles and return to the starting point.
5. Bow and arrow stance, shoulder width, waist facing the front. Sink 70% of the weight into the front foot and then 70% into the back foot. Allow the arms to hang loosely and swing by themselves. Keep the hips and tan-tien square to the front.
6. Mirror image of the above.
7. Same as (5) except stepping backwards and forwards with the leading foot - place the foot on the ground and then move the weight.
8. Mirror image of the above.
9. Bow and arrow stance, left foot forward, weight 70% in the left foot. Tiger's mouth of the left hand resting on the left hip. The right hand forms a soft fist and makes three circles forwards and three circles backwards - relax the shoulder, do not raise the elbow above shoulder height.
10. Mirror image of above.
11. Bow and arrow stance, left foot forward, weight 70% in the back foot. The left arm is in "push" in line with the shoulder, the right arm rests at the top of the right thigh - palm upwards - both arms are rounded. Sink the weight 70% into the front foot and "push" with the right arm, forefinger in line with the mouth, the left arm comes down to the thigh - palm facing upwards. Sink the weight 70% into the back foot returning to the start position "pushing" with the left arm in line with the shoulder.



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12. Mirror image of above.

13. Waving hands in clouds. Feet parallel, shoulder width apart, the left arm is in “ward-off” palm at throat height, the right arm is in “ward off” palm facing the tan-tien. Turn the waist to the left and sink the weight into the left leg, the left palm turns to face the ground. Turn the waist to the right, the right arm comes up to throat height, the left arm descends to the tan-tien - carry on turning the waist to the right and sink the weight into the right leg, the right palm turns to face the ground.

14. Feet parallel, shoulder width apart. Form two “ward-offs” with the arms - palms facing the shoulders. Turn the waist to the left and sink the weight into the left leg, turn the waist to the right and sink the weight into the right leg. 12 times to each side.

15. Keep the above posture, facing front, turn the head to the left and to the right. 12 times to each side.

16. Feet 45 degrees apart with the heels touching. The legs are straight but the knees are not locked. Place the palms over the ears and push to create a slight vacuum, then pull the palms away from the ears. 24 times.

17. Posture as above, this time flick the forefinger off the middle finger (quite firmly) onto the two tendons at the base of the skull. 24 times.

18. Posture as above, Make two soft fists and massage the kidney area with a circular motion using the knuckles of the fists. 49 times.

19. Posture as above, rub the tan-tien and lower abdomen with the palms in a circular motion, 24 times in one direction and 24 times in the other.

20. Posture as above, the arms are hanging loosely, breathe in and raise the arms to shoulder level bending the arms at the elbows. Breathe out and allow the arms to fall slowly. Repeat six times.

21. Posture as above, sink into the right leg and lift the left leg - make six circles forwards and six circles backwards with the left leg.

22. Mirror image of above.

23. Same as (21) except shake the left leg.

24. Mirror image of above.

25. Feet parallel, wider than shoulder width. Raise the arms so that the elbows are slightly lower than the shoulders and out to the sides, the forearms are vertical, rotate the forearms and shake out the hands.

26. Attention posture. Feet 45 degrees apart, heels touching, the legs are straight but the knees are not locked. Tuck in the sacrum and the chin, but do not use force. Imagine you are suspended from a thread coming from the crown of your head, relax the chest and the shoulders, breathe through the nose down to the tan-tien. The tip of the tongue is held gently against the top palate slightly behind the teeth, the feet are melting into the ground.