

Tai Chi and Qigong Fundamentals
Spring 2020 – Weeks #3 & #4 Practice Plan

"There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." – Albert Einstein

20-Minute Practice Plan

Moving Qigong (5 min.)

Grand Opening; Arm Circles; Shoulder Rotation; Peng/Lu/An Turn Step;
Santi Backstep; Knock on the Door; Sink Energy

Static Qigong (8 min.)

Lying Down meditation – nurture awareness and internal energy
Sitting meditation – watch breath; relaxed and alert
Standing Tree – Bamboo in the Wind; straight, not stiff
Finishing Exercises

Tai Chi Form (7 min.))

Form Movements – Preparation; Lazy Coat; Push w/Both Hands; Change
Palms; Step Back; Peng/Lu/An Ellipse; Cloud Hands; Sink Energy

“Baseball (tai chi?) is ninety percent mental and the other half is physical.”
- Yogi Berra

“Extra Credit”

- 1) Try to practice at least one thing that you really “connected” with when we did it in class – something that you found easy and fun. Don’t worry about doing anything exactly “right” - just do it! Invent your own tai chi movements!
- 2) Apply the important tai chi secret – “Be patient!” - to your practice. Expertise in the area of patience may also come in handy in other activities.
- 3) Go to community tai chi website, in the Videos(+) section, and just watch some of the videos. Don’t try to study or learn the movements, just notice the “feeling” of the movements – the flow. Remember, as Yogi B. says, "You can observe a lot by just watching."
- 4) Review the Tai Chi in Daily Activities portion of last week’s “Extra Credit.”

community tai chi website
www.communitytaichi.org