

**Tai Chi and Qigong Fundamentals**  
**Spring 2020 – Weeks #1 & #2 Practice Plan**

“Whether you think you can or you think you can’t, you are right!” - Henry Ford

**15-Minute Practice Plan**

Moving Qigong

Grand Opening, Open & Close Chest, Arm Circles, The Wheel  
Step Back, Close Step Walking  
Sink Energy/Pull Down the Heavens, Knock on the Door

Static Qigong – Mindfulness (5 min.)

Sitting meditation – (with music if desired)

Tai Chi Form (Moving Qigong)

Form Movements #1, #2, & #8  
Preparation exercises for form movements #3 & #4  
Finish with Knock on the Door & Pull Down the Heavens

“If you don’t know where you’re going, you might wind up someplace else.” - Yogi Berra

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**Mindfulness in Daily Activities**

- 1) STANDING - brushing your teeth, standing in line at a store/theater or fixing a meal in the kitchen. Is your back straight and are your shoulders relaxed? Is your weight distributed evenly in your feet? Is it moving? Are your knees locked?
- 2) SITTING – reading, eating, watching TV, “computering.” Notice your posture. Could you sit up a bit straighter and feel more relaxed? Imagine a gentle lift at the crown of your head.
- 3) MOVING AROUND – the house or office. Take note of your footwork when you change direction and move from one counter or fixture to another. Do you feel steady and safe? Could you respond quickly & safely if the floor was wet or obstructed?
- 4) WALKING - Do you use both feet in exactly the same way? Notice that walking *is* alternating standing on one leg and then the other! What are you doing with your upper body? Is your back straight, with waist loose and hips relaxed?
- 5) MINDFULNESS – Increase sitting meditation by a few minutes each day. Alternatively, develop 2 or 3 short “Mindful Breathing Breaks.” You may want to alternate between sitting and standing meditations.

**Community Tai Chi website**

[www.communitytaichi.org](http://www.communitytaichi.org)

**RELAX.....BREATHE.....SHIFT WEIGHT MINDFULLY**