

Tai Chi and Qigong Fundamentals
Spring 2020 – Weeks #5 & #6 Practice Plan

Learning is weightless; a treasure you can always carry easily. – Chinese proverb

25-Minute Practice Plan

Moving Qigong (7 min)

Grand Opening; Shoulder Rotation; Arm Circles; Open/Close Chest; Leg Hooks; Pebble on the Pond; Turning the Wheel; Close Step Walking; Step Back; Sink Energy

Static Qigong (8 min)

Sitting and standing meditation – begin with a few minutes of standing in neutral or santi stance, followed by sitting - allow your thoughts to just pass by – relaxed, vertical, alert and connected.

Tai Chi Form (10 min)

Form Movements #1 - #8 and/or any individual movement as Qigong
Finish with a few Knocking on the Door and Pull Down the Heavens.

“It does not matter how slowly you go so long as you do not stop.” - Confucius

“Extra Credit”

- 1) Try to practice the form movements individually or in sequence. Notice where your weight is and which way it is moving at the “conclusion” of each movement. This will give you a clue about how the next movement of the Form begins.
- 2) Apply the tai chi secret – moderation! - to your practice. Moderation, a close relative of balance, is central to advancing your understanding of tai chi. The interplay of yin/yang is constantly seeking balance.
- 3) As you practice this week pay special attention to your lower body. How does your weight shift and does it seem to be coordinated with the upper body movements? When practicing closing step, see if you have control throughout the movement. Could you easily reverse the movement at any time? Notice the weight shifting necessary to accomplish a heel pivot followed by a closed step.

Websites/Links

www.communitytaichi.org

www.livingtao.org