

# Tai Chi Easy POSES

**Resting Pose** – Stand with heels closer together, toes outward about 45 degree angle. Softly bend the knees. Balance the weight between the heels and the toes so there is no tension in calves or shins, relax low back, shoulders and rest hands in front of your torso as if on a cloud of energy just at the navel area ( called lower tantien ) Close your eyes and breathe deeply. You will do resting pose in between each of the following tai chi movements.

**Rocking Motion** – Step out with the left leg to the left side about shoulder width apart. Balance the weight evenly. Then with swinging like motion start with the palms facing forward but scooping energy from your side as you bring the arms forward and up no higher than the shoulder height, come up onto you're pads of your feet and somewhat straighten the knees. As gravity pulls your arms back downward, softly bend the knees again and turn the palms down facing the movement downward toward your sides and back. Continue with this motion. Repeat at least 6 to 9 times then return to resting pose position.\

**Carry the ball to the side** – (Shifting the weight from side to side ) Stepping to the left side, gather the chi at the right shoulder and carry the "chi" ball down to the left as you slowly shift the weight to the left. Then as you begin shifting the weight to the right carry the chi up and across to the right. Twice and on the third carry the ball bring your right foot in to resting pose briefly. Do 3 sets of 3 to the left and repeat to the right. Return to resting pose.\

**Daughter in the valley** – Hands come out to the side with bent elbow, move forward (left leg first ) into "Tai Chi Step", slowly lowering arms downwards as palms almost meet. Then as you shift weight to back leg the palms rise up the midline and separate at face. You may use the image of "Plant the seed and shift back to watch it grow and blossom" Repeat on right side. Repeat at least 6 to 9 times on each side. Return to resting pose.

**Bird Flaps its Wings** – Palms facing each other without touching. Then as the hands separate to the sides at waist height, bend knees further and lift the heels off the ground. Return hands to the center still facing each other and less bended knee. Do this out and in motion with the arms 3 times and on the third repetition circle the wrists 1 to 3 times. Repeat sequence 3 times. Return to resting pose.

**Around the Platter** – Bring arms to left side of torso, weight on right leg, left leg steps forward heel first into "Tai Chi Step" begin to move arms into a round shape

pattern, about elbow height. 1<sup>st</sup> half of the shape as you move forward 2<sup>nd</sup> half of shape as you shift the weight back. Repeat same movement on right side. Repeat at least 6 to 9 times on each side. Return to resting pose. ( See illustration 1)

**Around the Platter Variation** – Start with hands “holding onto the chi” at left shoulder. Then begin to move the arms outward and “release the chi” and finish around the platter movement (as above) Repeat on right side. Repeat at least 6 to 9 times on each side. Return to resting pose.

**Passing Clouds** - This is the only movement where you step to the right first. Left hand at the left shoulder, right hand down at your right side. Step out to the right side and begin slow sweeping motion downward ( with left hand ) to the right. As the left hand rises upwards let the right hand begin its downward motion. The left hand now moves across the body at face level while the right hand is in its downward motion to the left side. Hands switch from side to side and you shift your weight from right to left. Repeat as many times as you like. Return back to the left side to end. (See Illustration 4)

**Light at the top of the head / temples** – Sink down gather the light/chi carry it up to the top of your head, slightly straightening the knees with arms above head. “Sink and Expand” – from sinking down position, move up onto the foot pads while arms stretch outwards, palms still facing each other. Sink down bring hands closer together. Repeat 3 times. Then as you are sinking move the hands in circles forward motion ( like pedaling ) for the count of 6 – 9 seconds, then “hold” palms facing each other for the count of 6 – 9 seconds, repeat “Sink and Expand” 3 times this time lower the arms down the sides then up to the heart center and down to lower tantien, pause briefly then sink down to gather more light/chi for the temples. Repeat as above and end in Resting Pose.

## **MORE MOVEMENTS**

**Bass Drum** – Have palms facing each other “creating polarity” about 12 inches apart. As you move into “Tai Chi Step” move hands downward as you shift the weight forward and the arms slowly upward and toward you as you shift the weight back. Repeat on right side. Repeat at least 6 to 9 times on each side. Return to resting pose.

**Daughter on the mountaintop** – “Start low to go high” arms down at your sides with palms facing forwards. Moving into “Tai Chi Step” shifting the weight onto front (left) leg, allowing the hands to rise up to the throat ( the arms pivot from the elbow ) and the left hand crosses the right on the inside while right hand is on outside, while the wrists are still in crossed, move down the midline of torso and let the wrists slowly release/ pass by at the lower tantien. Repeat on right side. Repeat at least 6 to 9 times on each side. Return to resting pose. ( See Illustration 2)

**Push Pull “send and receive”** – With “Tai Chi Step” bring hands up to heart level (palms facing away from the body) as you shift forward (left leg first) gently send the “chi” outward. As you shift back turn palms toward you and imagine receiving the chi in through the top of your head down to your heart. You may like to use a 3 word mantra like “Peace, Love, Unity” or what ever you wish. This may help with your focus. Repeat same sequence on the right leg. Repeat at least 6 to 9 times on each side. Return to resting pose.

**Pulling in the energy** – Similar to the “Around the platter movements” only the palms are face up. With “Tai Chi Step” ( left foot first), palms up at the waist height, at the lower tantien, move both hands in a round like shape starting on the same side as the front leg. Imagine pulling in the energy from the most distance star in through your finger tips. Repeat on right side. Repeat at least 6 to 9 times on each side. Return to resting pose.

**Pulling Taffy** – Starting the movement for left side first. Wind up like a top toward your right side “left arm underneath” have arms overlap each other from elbow to elbow, palms facing the inside, “like a sandwich”. Then “unwind” to the left letting the arms slide apart and separate moving away from the body, left arm upwards at shoulder height and right arm downwards at lower right side. The weight should now have shifted to your left leg and bring into “Resting Pose” Then wind up to your left side “right arm underneath” then “unwind” to the right allowing arms again to separate this time right arm upwards at shoulder height and left arm downwards at left side go into, the weight should now be shifted to the right leg. “Resting Pose” Repeat as many times as you like returning to right and rest. ( See Illustration 3)

**Anchor Taffy** – Step forward left foot “slightly pigeon toed” and Pull Taffy “keep back foot anchored to the ground” shifting the weight forward and then shift the

weight back, pivot off of the left (front) heel to return to Resting Pose, then Pull Taffy to the left side. Then Pull Taffy forward with the right foot forward “keep back foot anchored to the ground” Repeat as many times as you like returning to right and rest.

**Wrist Circles Taffy** – sink down begin 1<sup>st</sup> half wrist circle inward (toward your body) then up on foot pads to finish 2<sup>nd</sup> half wrist circle. Repeat 2 times. Then as if you are to repeat again wind up for Pulling Taffy to your left. Then Repeat all this to the right. Repeat 3 sets.

**Perpetual Motion Taffy** – Continuous smaller movements in this Pulling Taffy. There is a slight lift of the foot on the leg that is weightless while you are winding up for each movement. Repeat as many times as you like returning to right and rest.

**Working the Pulley** – Left side starts the movement. Remember to allow the “back foot pad to pivot and front heel to pivot” to create a side to side movement. “Left hand at the left shoulder – palm facing forward, right hand at the right hip – palm facing upward”. Step forward with left foot, shifting the weight gradually, while the arms move outwards/ away from the body – “shoulder hand” works forward at shoulder height and then slowly drops downwards at the “invisible pulley” while “hip hand” works backward at hip height pivoting at the elbow around the back “invisible pulley” upward. Both arms take turns moving away from the body round these front and back pulleys while you shift the weight forward and back. Repeat on right side 6 to 9 times. Return to resting pose.

**Joyous Breath** – Widen your stance ( shoulder width apart ) push hands downward cleansing breaths in, out and then breathe in deeply rise onto your foot pads while raising your hands (palms upward) up to the collarbone (then palms downward), then breathe out forcibly through the nose in 4 sections while the palms stop at the 4 sections, foot gradually lowers with each section. Repeat 3 times.



Illustration 1, "Around the Platter"



Illustration 2, "Daughter on the Mountaintop"

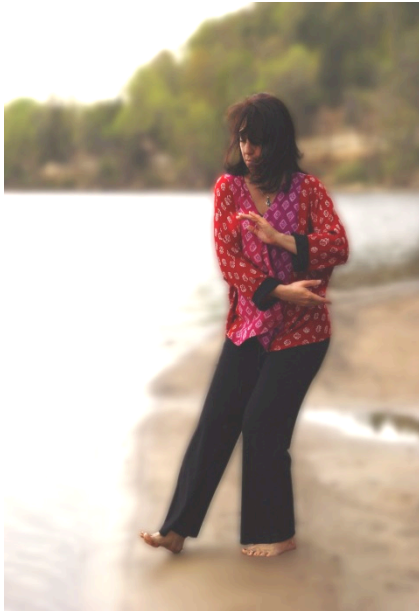
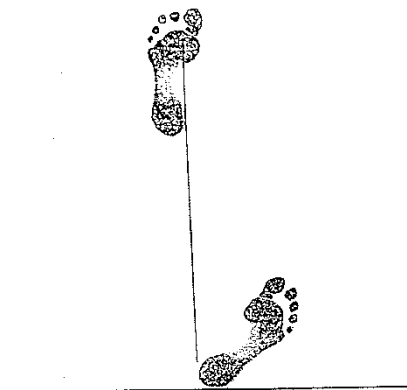


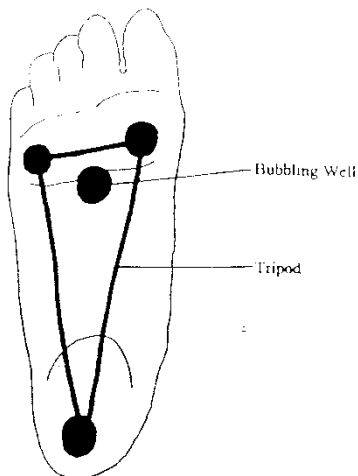
Illustration 3, " Pulling Taffy"



Illustration 4, "Passing Clouds"



This is how you step out into Tai Chi Step.



Bubbling Well is also called the Kidney 1 point on the kidney meridian in Traditional Chinese Medicine. Remember to balance the weight between the foot pads and the heel, rooting your foot from the Bubbling Well point. In perfect alignment, there will be no tension in the upper foot or shins or toes and arches of calves.