

The following information is intended as a reminder of the movements of the warm up exercises after you have tried these exercises with our class, or by the instruction of Terry Dunn from his DVD. The information and photos will be incomplete without first hand instruction.

Warm Up Exercises

Breathing:

Stand with your body upright and relaxed as if you are suspended from above by the crown of your head. Relax your shoulders with your feet firmly planted on the ground. Place your left thumb at your navel and rest your hand 2" below. Place your right hand over the top of your left. This location is called the Tan Tian or chi. Breathe deeply from your belly and not from your shoulders. Your belly moves out as you inhale, and in as you exhale.



Potted Plant:

Place your feet one shoulder-width apart with the inside edges parallel. Keeping your head facing forward twist your hips and shoulders back and forth with your body erect. Hips and shoulders should move together and your arms can swing freely and relaxed.



Potted plant weight forward:

Separate your feet to two shoulder-widths apart and parallel. Twist your hips to the right and shift some of your weight over your right leg. Then repeat to the left. Keep your torso vertical and move your shoulders with your hips.



Potted plant weight back:

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In this movement, reverse the direction you're facing from your weight shift. As you shift your weight to the right turn your torso to the left. Then as you shift your weight to the left turn your torso to the right.



Breathe and Squat:

With your feet two shoulder-widths apart and turned out at a forty-five degree angle, cross your arms in front of your body. As you inhale, lift your arms over your head. As you exhale separate your arms wide and, then lower them down and bend your knees. Bring your arms back together low and in front of you. Cross them again as you rise inhaling and lifting your arms up over your head again. Finish in the starting position.



Breathe and Shift and Squat:

Begin as before, rising on your inhale. When you start to bend your knees on the exhale shift your weight first to the right opening your arms wide and turning slightly to the left. Finish your exhale coming back to center with knees bent, and inhale as you rise again. This time as you exhale, shift your weight to your left, opening your arms wide while turning slightly to your right. Finish your exhale by coming back to center.



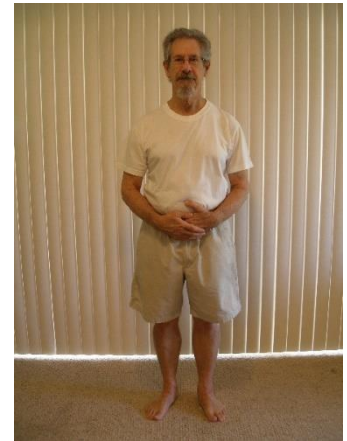
Squatting Single Whip:

Same as the previous exercise but as you lower and shift your weight right, let your left hand lower to you knee with your palm facing out and hold your right hand at shoulder height with a slight bend to the elbow and your fingers and thumb of this hand touching and pointing down towards the ground. Repeat and reverse the movement this time shifting your weight to your left.



Refocus Your Breathing:

Stand with feet parallel and at shoulder-width apart. Relax your arms and shoulders while covering your Tan Tien (lower abdomen) with the palm of one hand. Cover that hand with your other hand. This should be performed as often as needed throughout the exercise as a reminder of the importance of breathing properly and relaxing your neck, shoulders arms and hands.



Woo Chi Position:

Place your feet one shoulder-width apart and parallel. Slowly sink into your knees and cross your arms in front of you at chest level. Separate your hands about four to six inches apart, as if you are hugging a tree. Hold for one minute



Tee Stance (lifting hands):

From the woo chi position, shift your weight to your left leg and turn your right foot, hips, shoulders, and head ninety degrees to the right. As you turn, gently reach out with your right hand in front of your right shoulder, fingers pointing away from you, with your right palm facing left. Your left hand is also pointing away from you, palm facing right and your fingers only as far away as your right elbow. Shift as much weight as you can to your left leg.



Tee Stance (play guitar):

From the lifting hands position slowly return to the front letting your hands swing down in front of you. Shift your weight to the right leg then continue to turn to the left with your left foot at ninety degrees to the left, body and hand facing left, with your left hand reaching out in front of your left shoulder palm facing right and fingers pointing away from you. Your right hand is also pointing left but your hand is only out as far as your left elbow. This keeps your right elbow closer to your body. Move slowly back and forth



Bow Stance (ward off left):

Stand with feet shoulder-width apart and parallel. Turn your right foot out to a forty-five-degree angle and step your left foot forward one to one and a half feet straight out. Do not let the left foot swing in front of your right foot but keep it to the left to maintain the shoulder-width. Shift your weight forward just until your left knee is over your left toes. From relaxed shoulders and arms raise your left arm in an arc in front of your heart with your palm facing you and position your right hand in front of your right thigh palm facing your thigh. Relax into this position until you feel anchored and well balanced. Then step back.



Bow Stance (ward off right):

Stand with feet shoulder-width apart and parallel. Turn your left foot out to a forty-five-degree angle and step straight out with your right foot shifting your weight forward until your right knee is over your right toes. Now bring your right arm in an arc in front of you with your right hand facing and in front of your heart a little more than a foot away from you. Bring your left hand up behind your right-hand, palms facing each other with your left elbow closer to your body. This should have your right fingers pointing left and your left fingers pointing up. Again, feel the balance and the stability in this position.



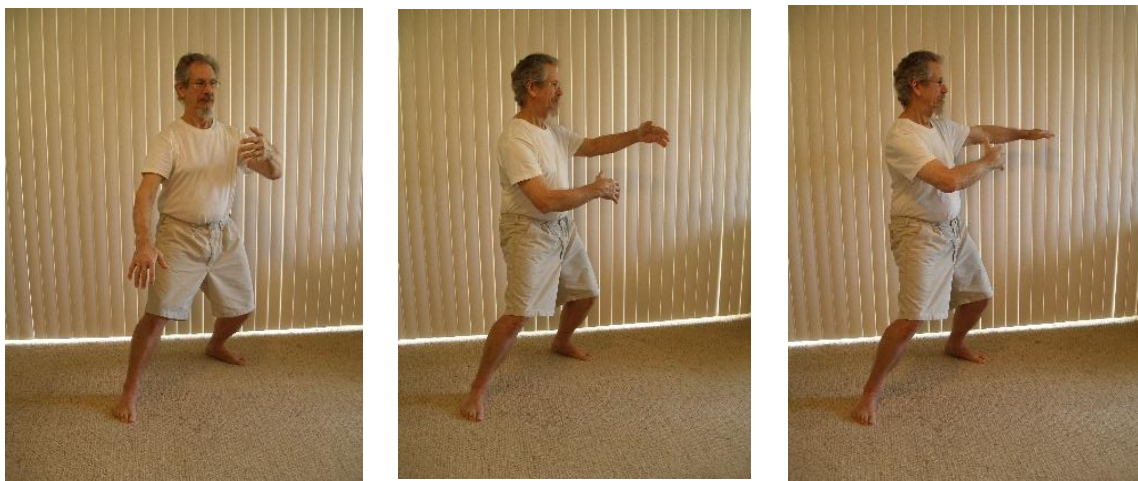
Circling:

From the ward off right position, lower your left hand to in front of your left thigh. Turn your hips, head, and shoulders slightly more to the right and bring your left hand up inside the arc made by your right hand in front of your heart a little more than a foot away from it. As your left hand is now guarding your heart let your right-hand float out away from your body in front of your right shoulder with the palm facing the ground and fingers pointing away from you.



Circling (continued):

As you turn and shift your weight to the left, your left hand should follow your heart as it turns left. Your right hand swings down palm facing your body and comes up inside the arc of your left hand to in front of your heart. Your weight is now mostly over your left leg and your left hand is free to point away from you with your palm facing the ground.



Shift and turn back to the right again letting one arm replace the other. After several cycles of shifting and turning, stop on the right side. Shift enough of your weight to your right leg to take a step forward with your left leg. Continue circling several cycles on this side and then stop on your left side long enough to shift your weight left and step forward with your right leg. Continue shifting from side to side progressively moving forward a step each time.

This completes the warm up exercises for the Tai Chi Chang short form program.