

# 30-Day Starter Kit

## Tai Chi + Qi Gong (with Kindred Fist methodology)

**Where tradition becomes real-world power.**

This free handout gives you a clear on-ramp into Kindred Fist training: a simple daily structure, a 30-day plan, and foundational drills that build calm breath, strong posture, and connected movement. Use it whether you are training for health, confidence, community, or martial function.

**What you will get:** a 10-minute daily practice, a 30-day schedule, Tai Chi 24 keys, Eight Brocades guidance, and a weekly tracker.

**Important:** In keeping with our traditional roots, we do not use belt rankings. Progress is measured through personal growth, skill, and earned capability.

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## How to use this starter kit

This kit is designed to be practical. Pick a start date, follow the schedule, and keep the practice short and consistent. If you only have 10 minutes, do the 10-minute practice. If you have more time, extend the main drill section.

### *Training mindset*

- **Consistency beats intensity.** Small daily work compounds.
- **Method over motion.** Fewer drills done correctly beats many drills done poorly.
- **Warm environment, serious training.** Respect is required; ego is optional.

### *What you need*

- A clear space about 6x6 feet.
- Comfortable clothing; training shoes optional.
- A phone or laptop if you want live video feedback.

### *Safety note*

Train within your limits. Do not force joints or breath. If you have medical concerns, consult a qualified professional. Pain is a stop sign; discomfort from effort is a signal to adjust and refine.

## The 10-minute daily practice

Use this on busy days. It is also the foundation you will repeat throughout the 30-day plan.

| Minute | Practice                            | What to focus on   |
|--------|-------------------------------------|--|
| 1      | Settle posture + quiet breathing    | Jaw soft, chest relaxed, spine long (no stiffness)       |
| 3      | Standing alignment (light stance)   | Feet grounded, knees relaxed, hips level, shoulders down |
| 4      | Breath-to-structure drill           | Inhale expands (no lift). Exhale sinks (no collapse).    |
| 2      | Slow movement (Tai Chi or Brocades) | Smooth, connected, calm attention                        |

**Breath-to-structure drill (detail):** Inhale softly through the nose; feel expansion around lower ribs and back. Exhale slowly and feel weight settle through the feet. On the last third of the exhale, lightly gather the body as one unit without bracing.

**Progress check:** after 10 minutes you should feel calmer, more upright, and more grounded. If you feel tight, reduce effort and refine alignment.

## 30-day plan (Tai Chi + Qi Gong)

This schedule is intentionally simple. Repeat it weekly for four weeks. If you already attend classes, use your class as one of the training days.

| Day   | Focus              | Main work (20-35 minutes)                          | Optional (5-10 minutes)   |
|-------|--------------------|--|---------------------------|
| Day 1 | Tai Chi foundation | Tai Chi 24: posture keys + slow segment practice   | Short standing practice   |
| Day 2 | Qi Gong foundation | Eight Brocades: 2-4 movements with breath timing   | Gentle mobility           |
| Day 3 | Integration        | 10-minute daily practice + stepping/turning basics | Light conditioning        |
| Day 4 | Tai Chi skills     | Tai Chi 24: transitions + weight shift             | Listening drill (solo)    |
| Day 5 | Qi Gong skills     | Eight Brocades: refine lines + calm effort         | Breath-to-structure drill |
| Day 6 | Review             | Repeat your weakest day                            | Walk + nasal breathing    |
| Day 7 | Rest               | Rest or very light practice                        | Journal 3 sentences       |

**Weekly goal:** train 4-5 days. If you miss a day, do not double up. Return to the schedule.

**When you are ready:** add a 60-minute session (private or group). In our 60-minute format we include Qi Gong practice to build the internal foundation, then apply it to Tai Chi or Lung Ying skill work.

## Tai Chi 24: 5 keys that make it work

- **Head suspended, spine long.** Upright without stiffness.
- **Shoulders down, elbows heavy.** Release tension; keep structure.
- **Knees relaxed, tracking over toes.** No collapsing inward.
- **Weight shift is clear.** Do not float between legs; commit smoothly.
- **Breath supports movement.** Calm inhale, steady exhale, no holding.

## Eight Brocades (Ba Duan Jin): how to train it

For beginners, quality is more important than completing the full set. Choose 2-4 movements and train them with clean lines, smooth breath, and a relaxed face.

- **Posture first:** stack head, ribs, pelvis. Do not over-arch the lower back.
- **Breath first:** inhale opens, exhale settles. Keep it quiet.
- **Effort second:** work at 60-70% so the nervous system stays calm.
- **Finish calm:** after each movement, pause for one natural breath.

**Next step:** If you want personalized corrections, book a video chat class. You will leave with the right drill, the right dosage, and a clear weekly plan.

## Weekly training tracker (print this page)

Write one sentence after each session: breath, stance, and one improvement.

| Week   | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------|-----|-----|-----|-----|-----|-----|-----|
| Week 1 |     |     |     |     |     |     |     |
| Week 2 |     |     |     |     |     |     |     |
| Week 3 |     |     |     |     |     |     |     |
| Week 4 |     |     |     |     |     |     |     |

### Notes:

**Want the next level?** Our 60-minute sessions include Qi Gong practice, then skill work in Tai Chi or Lung Ying. Bring this tracker to your first video call and we will tune your training plan.