

Tai Chi



Balance exercises

1 - Kicks part 1

Start - feet shoulder width apart, hands by your sides.

Breathing in - move weight over right leg and left foot lifts onto toes. When left leg is empty lift knee up and towards the body so that the thigh is parallel to the floor

Breathing out - lower the left foot and move out to start position, touching down gently with the heel first and rolling the foot towards the toes until flat

Breathing in - transfer the weight over left leg and right foot lifts onto toes. When right leg is empty lift knee up and towards the body so that the thigh is parallel to the floor

Breathing out - lower the right foot and move out to start position, touching down gently with the heel first and rolling the foot towards the toes until flat

The leg that is full and bearing your weight should have the knee slightly bent and foot flat

Repeat 4 times for each leg

2 - Kicks part 2

Start - feet shoulder width apart, hands by your sides.

Breathing in - move weight over right leg and left foot lifts onto toes. When left leg is empty lift knee up and towards the body so that the thigh is parallel to the floor

Breath out - extend the leg forward

Breath in - bring the leg back in

Breathing out - lower the left foot and move out to start position, touching down with the heel and rolling the foot towards the toes until flat

Breathing in - transfer the weight over left leg and right foot lifts onto toes. When right leg is empty lift knee up and towards the body so that the thigh is parallel to the floor

Breath out - extend the leg forward

Breath in - bring the leg back in

Breathing out - lower the right foot and move to start position, touching down with the heel and rolling the foot towards the toes until flat

The leg that is full and bearing your weight should have the knee slightly bent and foot flat

Repeat 4 times for each leg

3 - Mischievous boy kicks

Start - feet shoulder width apart, hands on your hips.

Breathing in - move weight over right leg and lift left leg so the thigh is parallel to the floor

Breathing out - move the left leg as if kicking someone in front on the shin with your heel

Breathing in - lift left leg so the thigh is parallel to the floor

Breathing out - lower the left leg back to the start position

Repeat 4 times for each leg

4 - Stork stretches wings

Start - feet with heels together and toes pointing out (Eagle), hands at the sides

Breathing in - move weight over right leg and lift left leg so the toes are on the calf of the right leg, at the same time the hands come to prayer position at the chest

Breathing out - move the left leg to the front and up so that the thigh is parallel to the floor, at the same time the hands rise to above the head, still in prayer position

Breathing in - lower the left leg and move out to the side, at the same time the hands come back to the chest and then out to both sides

Breathing out - move the left leg out to the back, at the same time the hands move to the front extended and palms together

Breathing in - move the left leg so the toes are on the calf of the right, at the same time the hands come to prayer position at the chest

Breathing out - lower the left leg and hands back to the start position

Repeat 4 times for each leg

5 - Pushing hands to heaven

Start - feet shoulder width apart, hands by your sides.

Breathing in - hands come to the front at Lower Dan Tian and fingers interlock, palms facing up, hands then move up the centre line, as they come to the head they rotate forward until palms face up again above the head then rise onto toes and push hands as high as possible

Breathing out - the hands come apart and lower down in an arc to the sides and the feet lower back to the ground

Repeat 4 times