

# TAI CHI CHUAN QIGONG 18 EXERCISES

Tai Chi Chuan Institute of Stockton



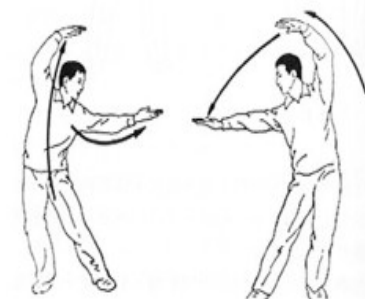
0. Meditation Stance – Wuji Stance



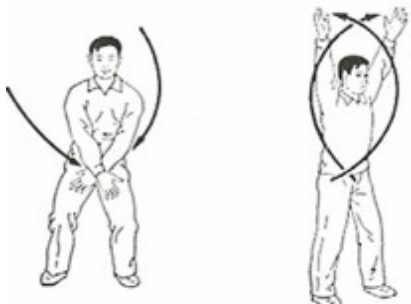
1. Awakening the Chi



2. Open Expand Your Chest



3. Opening the Rainbows (left, right and center)



4. Parting Clouds with Hands

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5. Repulse the Monkey (left and right)



6. Rowing a Boat on a Calm Lake



7. Lifting the Sun with Your Hands (left and right)



8. Turn, Look Up Over Your Shoulder at the Moon (left and right)



9. Turn Body and Push with Your Hands (right and left)

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10. Wave Your Hands Like Clouds (right and left)



11. Grabbing the Sea to Look Up at the Sky



12. Moving the Ocean Waves



13. White Dove Spreads Wings

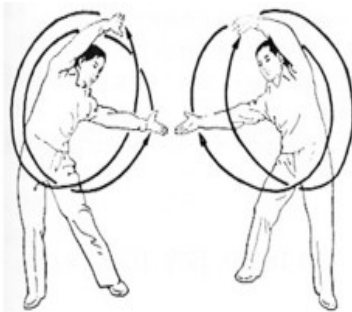


14. Push Out Your Fists to Strengthen Your Arms (right and left)

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15. Flying Like an Eagle



16. Circling Your Body Like a Windmill (left and right)



17. Bouncing a Ball Like a Child (right and left)



18. Quieting the Chi and Closing Qigong 18 Exercises

Directions: (1) Perform each posture in repetitions of 3. e.g. 3, 6, 9 etc. (2) Coordinate movements of arms with deep breathing. (3) When breathing, stomach expands during inhale and contracts during exhale. This is deep breathing. (4) When arms are raised, inhale. When arms are lowered exhale. (5) When arms close, inhale. When arms open, exhale. (6) When palm or fist pulls in, inhale. When palm or fist pushes out, exhale. (7) When arms lower, bend knees and sink into floor with focus of weight in the “bubbling well” of your feet. (spot on ball of foot between big toe and second toe).