

Cheng-Ming T'ai Chi Warm-ups

Stretch

Section A

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|------------------------------------|--|
| 1 Stretch up | Wei-Lu down, all joints loose |
| 2 Stretch side to side | One side stretches, other squeezes |
| 3 Stretch left and right | Spinal stretch, keep knees forward |
| 4 Stretch up & forward | Fold from Kwa, shoulders relaxed |
| 5 Upper body parallel to the floor | Opening the lower vertebrae
Back straight, little bend on knees |
| 6 Stretch lower vertebrae & neck | Folding from Kwa
Hands on back of neck |
| 7 Roll up | Hands on knees |

Section B

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|--------------------------------------|-------------------------------------|
| 1 Shoulder rotation backward/forward | Get out of hold, Shoulder strike |
| 2 Shoulder, elbow, fist | Get out of hold |
| 3 Elbow back | Elbow strike |
| 4 Waist circle R & L | Bump |
| 5 Squat | Work with gravity |
| 6 Stretch to right and left | One elbow on thigh, one shoulder in |
| 7 Lower squat | Stretch inner leg muscles |

3 major movements to help T'ai Chi practice

1. Stretch/Squeeze
2. Rounding
3. Twisting

Alignment: Bai-Hui (top of head) to Wei-Lu (tailbone)

Knees & toes face same direction

Center: Origin of all T'ai Chi movements

Coordinate: Legs grounds, Center turns, then arms follow

Kwa: means "bridge." Important place for Ch'i to flow.

T'ai Chi Warm Ups

Section A

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|----------------------------------|---|
| 1 Slap down circle | Legs move forward & back
Center turns left & right
Arms follow the Center |
| 2 Block/Slap down & upper strike | Legs move forward & back
Center turns right & left
Arms follow the Center |
| 3 One hand push | Start with Center forward
Active hand: hip, solar plexus, push
Turn the Center and an arm follows |
| 4 Double hand press | Block/Slap down with Yin palm
Knuckles strike
Inside hand presses |

Section B

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|--------------------------------|---|
| 1 Scoop & strike down | Scoop at hip-height
Solar plexus
Strike with palm forward |
| 2 Block, Sink, Press | Deflect at corner
Press
Bring shoulders/hips forward |
| 3 Slap down & Double push | Block/Slap down with Yang palm
Double push with heels of the hands |
| 4 Kick with heel & Slide hook | Knee goes up –decide the height of
your kick
Kick with heel
Land with whole foot to hook |
| 5 Slap thighs & Opening upward | I order to get out of hold, sink
Tiger's mouths touch
Open diagonally with wrists |
| 6 Big Wheel | 1. Deflect & attack
2. Attack with arms
3. Control arm and/or leg |
| 7 Washing Machine | Defense/Attack |