

An Introduction to Tai Chi (Taiji) and Qigong

- Master Rod Ferguson

Warm Up Exercises and Stances

Gentle Stretching

Combine breathing and stretching

Joints & Connective tissue exercises

Move joints without any load or effort

Swinging Arms

Turn hips, wrap arms around body

Stepping & Weight Transfer

Moving from one foot to the other

Tai Chi Hand Circles

Turn from centre, "Wave Hands like Clouds"

Horse Stance

Feet shoulder/hip width apart, knees bent, hold while comfortable

Empty Stance / Step

Sink all weight into one foot, sinking with hips, lift the other knee at 45°, hold or place either the toes or heel lightly in front. This is the foundation for all balance moves including steps & kicks.

Bow Stance

One foot forward, square or rectangle base, shoulder/hip width, back foot 45°, bend both knees, relax and sink weight.

Khor Tai Chi Movement Set - Level One

Watch a video <https://youtu.be/1oSQBLaRf18>

- (i) **PREPARATION** - separate feet - horse stance
- (ii) **STANDING ZEN** - be present in the moment

1. **COMMENCEMENT** - raise and lower arms
2. **HOLDING THE BALL** - on right
3. **STROKING THE BIRD'S TAIL**- in left bow stance – big bird
4. **HOLDING THE BALL**- on left
5. **WARD OFF**- in right bow stance – small bird
6. **PULL BACK** - in right bow stance
7. **PRESS** - in right bow stance – left hand presses on right
8. **PUSH** - in right bow stance – relax and sink
9. **SINGLE WHIP** - Scan horizon, turn toes – Hook circle – Push in left bow stance
10. **STRUM PIPA/ PLAY GUITAR** - heel empty stance - weight on left

Go as far as comfortable for yourself but never stress or strain!!

Relax and sink weight to feet, keep head and spine upright, but without strain. The face and chest remain relaxed. Clear the mind of all intruding thoughts. Never lift one foot to take a step until balance is firmly established on the standing foot.

Breathe naturally through your nose and do not hold your breath.

Australian Academy of Tai Chi & Qigong - Qld
www.TaiChiQld.com



LOTUS QIGONG

Watch a video https://youtu.be/_WVOS_ONmIo

1. Preparation
2. Waving Hands
3. Turtle Spreads Fins
4. Turtle Digs Sand
5. Scooping Spring Water
6. Rain Fills Lotus Pond
7. Lotus Flower Opens
8. Palm Press The Wind
9. Connect to Earth and Sky
10. White Crane Stretching Wings
11. Snow Rabbit Digs for Earth
12. Wave Hands In The Air To Close

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Memorise the names of the exercises and Tai Chi movements as you learn them. Practice daily. Research shows the sooner and more often you practice after the lesson, the more you will remember. There are only two types of practice, good & none! If you can't remember exactly, just make it up. You are intelligent, you will figure it out when you practise. Don't take it too seriously, be kind and gentle to yourself.

