

# AUSTRALIAN ACADEMY OF TAI CHI & QIGONG



Memorise the names of the exercises and movements as you learn them. Research shows the sooner and more often you practise after the lesson, the more you will remember. Exercises will be selected from the following, use this as a guide to create your own practise routine. Take a breath whenever necessary, don't hold or force the breath, try to breathe naturally in flow with the rising and sinking of each movement. Practise twice daily if you can. There are only two types of practise: good & none. Remember you need to; BE ACTIVE DAILY. Use it or lose it!

*Go as far as you can, comfortably but never stress or strain!!*

## WARM UP EXERCISES

### Gentle Stretching

Combine breathing and stretching

### Swinging Arms

Turn hips, wrap arms around body

### Joints & Connective tissue

Move each joint without any strain or effort, through the natural range of movement.

### Stepping & Weight Transfer

Smoothly from one foot to the other and slow steady Tai Chi walking

### Tai Chi Hand Circles

Turn to side and return to center, "Clouds Hands" and "Pushing Palms"

## STANCES

### Horse Stance

Feet shoulder width apart as close as comfortable to parallel, bend knees but sit with hips, comfortable upright posture.

### 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 / Square Step

One foot forward other at 45°, hip width, move forward 70% of the way; bend both knees to sink the weight. Head upright.

Note: Before lifting one foot, firmly establish your balance on the standing foot. Practise holding onto something for stability at first, you'll be more relaxed and get results faster.

## LOTUS QIGONG

1. Preparation
2. Waving Hands in Air
3. Turtle Treads Water
4. Snow Rabbit Digs the Earth
5. Maiden Scoops Spring Water
6. Raindrops Fall on the Lotus
7. Lotus Flower Blossoms
8. Face and Press the Wind
9. Connect to the Sky and Earth
10. White Crane Spreads Wings
11. Snow Rabbit Digs the Earth
12. Wave Hands to Close

# AUSTRALIAN ACADEMY OF TAI CHI & QIGONG



## TAI CHI QIGONG SHIBASHI I

1. Raising the Arms
2. Opening the Chest
3. Painting a Rainbow
4. Separating the Clouds
5. Rolling Arms in a Horse Riding Stance
6. Rowing a Boat in the Middle of a Lake
7. Supporting a Ball in Front of Shoulder
8. Gazing at the Moon
9. Turning Waist and Pushing Palm
10. Clouds Hands in Horse Riding Stance
11. Scooping the Sea, Looking at Horizon
12. Pushing the Waves
13. The Flying Dove Spreads its Wings
14. Punching in Horse Riding Stance
15. The Flying Wild Goose
16. The Rotating Flywheel
17. Stepping and Bouncing the Ball
18. Balancing Chi to Close

## TAI CHI QIGONG SHIBASHI 2

1. Peacock Unfold Tail
2. Small Heavenly Roll
3. Needle to the Sea Bottom
4. Willow's Flutter in the Breeze
5. Fisherman Casts the Net
6. Farmer Gather's Corn
7. Buddha in Meditation
8. Dragon Circles Mountain
9. Lohan Focuses the Chi (energy)
10. Hit the Tiger's Ears
11. Monkey Offers Peach
12. Warrior Draws Bow
13. Elegant Crane in Flight
14. Maiden Weaves Cloth
15. Cross Hands and Separate Feet
16. Circulate Chi in Tan Tien (core)
17. Embrace the Morning Sun
18. Standing Zen

## EIGHT GOLDEN TREASURES

1. Heavenly Lift
2. Taoist Archer
3. White Crane
4. Looking Back
5. Rotary Waist
6. Kidney Stretch
7. Warrior Punch
8. Heel Vibration

## WUDANG FIVE ANIMALS

*(Taoist Yang-Sheng Neigong)*

1. Wise Turtle 'Oogway'
2. Phoenix – Fire Bird
3. Crouching Tiger
4. Hidden Dragon
5. Yellow Snake

## TAOYIN the Yellow Emperor's Heart Calming Qigong

1. The Elegant Crane
2. Wild Cat Washes Face
3. Tiger Crouch
4. Monkey Presents Fruit
5. Bear Pounds Limbs
6. Scholar Strokes Body
7. Albatross Flaps
8. Elephant Trunk

## TAI CHI FLOW PATTERNS

1. Brushing Knee
2. Stroking Birds Tail
3. Strum the Pipa
4. Repulse the Monkey

*Even practising just one move is worth it!  
Enjoy Peaceful Tranquillity as You Exercise*