

T'ai Chi 6 Steps Exercises

021207

Drill 1: Touch and Return (Strengthening the Support Leg & Improving Balance)

1. Starting from a feet together position.
2. Raise arms in front of body, shoulder height.
3. Maintain eyes forward, head and shoulders level, and back straight throughout drill.
4. The breathing pattern should be slow, continuous, and do not hold your breath.
5. Once you have lowered your body in preparation for the first step the body remains in a low bent knee position for the duration of the drill.

Right Forward Step:

Lower the body's weight down on the left foot and slowly raise the right foot and slowly step diagonally forward and touch the right heel, stop briefly and then lift and slowly return the right foot next to the left foot,

Slowly shift the body's weight to the right foot,

Left Forward Step:

The body's weight is down on the right foot and slowly raise the left foot and slowly step diagonally forward and touch the left heel, stop briefly and then lift and slowly return the left foot next to the right foot,

Slowly shift the body's weight to the left foot,

Right Side Step:

The body's weight is down on the left foot and slowly raise the right foot and slowly step to the right side and touch the right toe, stop briefly and then lift and slowly return the right foot next to the left foot,

Slowly shift the body's weight to the right foot,

Left Side Step:

The body's weight is down on the right foot and slowly raise the left foot and slowly step out to the left and touch the left toe, stop briefly and then lift and slowly return the left foot next to the right foot,

Slowly shift the body's weight to the left foot,

Right Back Step:

The body's weight is down on the left foot and slowly raise the right foot and slowly step diagonally and to the back and touch the right toe, stop briefly and then lift and slowly return the right foot next to the left foot,

Slowly shift the body weight to the right foot,

Left Back Step:

The body's weight is down on the right foot and slowly raise the left foot and slowly step diagonally and to the back and touch the left toe, stop briefly and then lift and slowly return the left foot next to the right foot,

Lower arms and raise body by straightening the knees.

Drill 2: Moving the Body Weight (Improving Slow Movement, Balance, and Coordination of Breath and Movement)

1. Starting from a feet together position.
2. Raise arms in front of body, shoulder height.
3. Maintain eyes forward, head and shoulders level, and back straight throughout drill.
4. The breathing pattern should be slow, continuous, and do not hold your breath.
5. Once you have lowered your body in preparation for the first step the body remains in a low bent knee position for the duration of the drill.

Right Forward Step:

(Inhale) Lower the body's weight down on the left foot and slowly raise the right foot and slowly step diagonally forward and plant the right heel.

(Exhale) Slowly push the body's weight forward and plant the entire right foot, (Do not lift left heel or lean by bending at the waist)

(Inhale) Slowly sit back on the left foot, lift the toes on the right foot (the right heel was first to touch and last in returning) then lift and slowly return the right foot next to the left foot, (Exhale).

Slowly shift the body's weight to the right foot,

Left Forward Step:

(Inhale) The body's weight is down on the right foot, slowly raise the left foot and slowly step diagonally forward and plant the left heel.

(Exhale) Slowly push the body's weight forward and plant the entire left foot, (Do not lift right heel or lean by bending at the waist)

(Inhale) Slowly sit back on the right foot, lift the toes on the left foot (the left heel was first to touch and last in returning) then lift and slowly return the left foot next to the right foot, (Exhale).

Slowly shift the body weight to the left foot,

Right Side Step:

(Inhale) The body's weight is down on the left foot, slowly raise the right foot and slowly step out to the right side and plant the right inside of the foot,

(Exhale) Slowly push the body's weight to the right side and plant the entire right foot, (Do not lift left foot or lean by bending at the waist)

(Inhale) Slowly push the body's weight back to the left foot, neutralize the weight on the right foot and lift the right foot and slowly return the right foot next to the left foot, (Exhale).

Slowly shift the body's weight to the right foot,

Left Side Step:

(Inhale) The body's weight is down on the right foot, slowly raise the left foot and slowly step out to the left side and plant the left inside of the foot,

(Exhale) Slowly push the body's weight to the left side and plant the entire left foot, (Do not lift right foot or lean by bending at the waist)

(Inhale) Slowly push the body's weight back to the right, neutralize the weight on the left foot and lift the left foot and slowly return the left foot next to the right foot, (Exhale).

Slowly shift the body's weight to the left foot,

Right Back Step:

(Inhale) The body's weight is down on the left foot, slowly raise the right foot and slowly step diagonally and to the back and touch the right toe,

(Exhale) Stop briefly, then slowly push the body's weight back and sit back on the right foot then lift the left toes.

(Inhale) Then slowly push the body's weight forward and slowly lift the right heel to toe and slowly return the right foot next to the left foot, (Exhale)

Slowly shift the body's weight to the right foot,

Left Back Step:

(Inhale) The body's weight is down on the right foot, slowly raise the left foot and slowly step diagonally and to the back and touch the right toe,

(Exhale) Stop briefly, then slowly push the body's weight back and sit back on the left foot then lift the right toes.

(Inhale) Then slowly push the body's weight forward and slowly lift the left heel to toe and slowly return the left foot next to the right foot, (Exhale)

Lower arms and raise body by straightening the knees.

T'ai Chi 6 Steps Exercises (Condensed)

Drill 1: Touch and Return (Strengthening the Support Leg & Improving Balance)

Raise Arms

1. Right forward step, touch & return
2. Left forward step, touch & return
3. Right side step, touch & return
4. Left side step, touch & return
5. Right back step, touch & return
6. Left back step, touch & return

Lower Arms

Drill 2: Moving the Body Weight (Improving Slow Movement, Balance, and Coordination of Breath and Movement)

Raise Arms

1. Right forward step, move weight forward then back, return foot
2. Left forward step, move weight forward then back, return foot
3. Right side step, move weight right then left, return foot
4. Left side step, move weight left then right, return foot
5. Right back step, move weight back, sit back, move forward, return foot
6. Left back step, move weight back, sit back, move forward, return foot

Lower Arms