

# Tai Chi for Relaxation

## 1. Starting form

Step left foot to shoulder width, hands raise up to shoulder level, shoulder press elbow, elbow press the wrist till your hands reached to chest level. Slowly press your hands down, bring your hands back up and repeat this again 4 times. Position back then step your right repeat it 4 times again. Meditation in your Dantian chi dropping down to your feet.

## 2. Original Qi

Step left foot apart, hands hold a ball,

Circle your hip and step left foot according to your own ability inhale to abdomen, with head follows the same direction. At the same turn hands facing down, circle aside and then forward till your fingertips facing each other, palm facing you. Collect energy from your Dantian follow your spine aligning up with head suspending head “Bai Hui” acupuncture point

touching sky. Exhale keep on circle down wards palms facing out till your hands back to original position. Chi dropping down to your feet brings your foot back together. Repeat the same movement with right foot, each side repeat twice.



3. **Tai Chi Yin & Yang balance** (using your body writing a Tai Chi logo).



Standing in relaxed condition, eyes look at forwards,  
Relax both hands, right hand forward and left hand  
backwards, when moving to body sides, right hands  
turn to palm facing up with fingers forward, left hand  
turn to a fist with elbow hit backwards.

Perform Wax on and wax off, step left foot aside with  
left hand turn upwards holding the sky, right palm  
facing down touch the earth.

Join your lower hand; yin hand joins Yang, through

your spine circle body aligning with the whole universe as one.

When you circle up, your fingertips facing each other with palm facing up, 2 hands  
touch the sky. Palm out to the original position meditation Chi dropping down to your  
feets. Bring your left foot back together. Repeat the same movement with opposite  
direction. (4 times)

4. **Push boat in the water.** Tummy is the sea, hands are the wave, sea pushing  
the wave forward, inhale sea circle from daintain pushing the wave (hands) forward  
exhale, raise your hands to the chest level circle to the left, body sitting on the left hip  
then wave the spine as step to the right, hands follow accordingly, push hands and  
body weight gradually transfer to the right foot exhale.

Transfer your weight and your hands to the left foot and position back Chi dropping  
down to your feet. Start again on the other side. Repeat this 2 times each side.

**5. Sun and moon circle as one.**



Right hand on fist rest on your hip, and left-hand forward palm facing up tummy circle from your spine step your left foot. Moon follow the sun, left hand change into fist, right hand change into palm as the moon align with the fist. Both hands yin yang circle as one, sit on your right hip, hands separate with feet position back. Repeat the other side, twice each side.

**6. Rooster sitting on one leg.**

Step your left foot to the shoulder width, palm facing out, collect your energy in body upright tummy circle inside, with palm facing in, then body standing on the left leg follow your spine movement with your right hand touch the sky, left hand touch the earth, right leg up toes pointing down. Right hand dropping down with flow, your right foot drops down to the ground with palms collect chi back to Dantan. Then repeat the same movement right sides, Each side repeat twice.



**7. Align with Nature**

Step left foot to shoulder with, raise up both hands palms facing up, step right foot to left-forward allow the knee sit inside the hollow at the backside of the knee, with legs crossing to each other, make likes shaped like a tree roots. It is called rest step in martial arts, following with both hands from top of the head guiding chi down to toots. Next landing on front leg, hands inside wrist facing and touching each other, hands shows like lotus, weight transfer to the front foot, push the foot down, body up, as the same time, hands raise up, palms facing from inside to out rest hands on the side of the body, feet back together. Each side repeat twice.

### **8 Relaxation with Qi massage**

Step you left foot to left, head follow the same direction with palms facing up. Keep on circling up and then downward with palm facing down till your hands at Dantian level, stay for a short time allow the Chi go inside Dantian, drop hands down. Repeat the same movement by step right foot . Repeat the same movement 4 times.