



### Tai Ji Quan Yi – Preparatory Exercises

1. Finger flicks to activate the hand (upper Jing Luo) channels
2. Foot and ankle rotation to activate the foot (lower Jing Luo) channels
3. Knee rotation to loosen back and nourish knees
4. Waist rotation with arm swing to loosen arms, shoulders and waist  
*Keep heads still and hips and legs motionless*
- 4 (b) Advanced: curl hands in to loose fists and tap Dan Tian and Ming Men lightly with each rotation
5. Holding the moon or golden plate to calm the mind and activate belt channels
6. Pushing Qi into ground and turn the waist.
7. Pelvic rotation to activate the Dan Tian (*feet together; small smooth circles*)
- 7 (b) Advanced - Lotus Flower in the Stream – stand in Horse Stance and rotate pelvis
8. The golden rooster pecking at food to nourish knees and to activate kidneys, bladder and to loosen back.  
*Don't exaggerate sideways movement; keep to principle of knee and toes*
- 8 (b) Advanced Pecking Rooster, *rotate waist in an arc inwardly both left and right.*
9. Snake Creeps Down
10. Snake Reaches Forward
11. Picking up sticks to activate twelve channels and two vessels.
12. Touching the earth and reaching the sky to activate the **Jing Luo** (energy channels) or Joining Heaven and Earth
13. Kick up and reach forward to enliven lungs, spleen, heart, kidneys, gall bladder, triple warmer and stomach channels (*straight knees on standing leg, no dipping; loosen joints on kicking leg; flick up*)
14. Kick out to side; toes point upwards
15. Elbow to Opposite Knee Kick (*don't clench fists; use waist; try to touch elbow to knee*)
16. Lotus kick
17. Enlightened One Evades the Tiger
18. Friar Squats
19. Spiral the arms, while turning the waist
20. Swimming in the air
21. Head rotation: turning the jade pillar to free the energy