

STAY ACTIVE RESOURCE CARD

Tai Chi

FOR STRENGTH,
BALANCE AND
RELAXATION

Other Stay Active Cards available
Contact email@dsni.co.uk



REPEAT EACH EXERCISE 12 TIMES. MAINTAIN GOOD POSTURE AND SLIGHTLY BENT KNEES WHILST MOVING SLOWLY AND SMOOTHLY. REMEMBER TO 'BREATHE IN' AND 'BREATHE OUT' FOR EACH MOTION.

1

Float Hands

KEY POINTS:

- Feet shoulder width apart, knees slightly bent
- Hands by your side
- Raise hands to shoulder height and back down



2

Row the Boat

KEY POINTS:

- Stand as before
- Palms to the sky, raise arms up and wide to shoulder height
- Palms to the floor, keep the hands close and lower down and repeat



3

Hands Like Clouds

KEY POINTS:

- Feet slightly wider than shoulder width
- Start with weight to left side, right hand in front of face
- Shift weight to right leg as you move right hand to the right
- Change hands, transfer weight back to the left leg and move left hand to the left



4

Push the Waves

KEY POINTS:

- Angle one foot and turn body to face same way
- Other foot remains forward facing
- Hands in front of chest, palms facing away
- Shift weight to front leg, push your hands out
- Palms to floor, shift weight to back leg, hands back to start position
- As weight transfers to back leg lift your front toes

