

Tai Chi Movements Guide

# **Tai Chi for Arthritis - Basic 6**

# Starting Position



Sit with your body upright but relaxed: feet slightly apart, eyes looking forward, chin tucked in, shoulders relaxed.

Cleanse your mind.

# Commencement Movement



Sit tall without being tense.

Breathing in, with hands facing

each other and arms fully

extended, bring hands up slowly.



Breathing out, with arms still extended,  
lower hands forming one side of a “U”  
shape. Bring hands closer to body at  
the bottom of the “U”.

Lift arms along your chest forming the other side of the “U”.



Push hands forward.



# Open and Close



Bring hands in to front of chest, fingers pointed up.



Breathing in, open hands.

Breathing out, push hands closer.



# Single Whip



Bring hands forward while pushing down on left foot.



While bringing hands forward, turn palms out to face front.



Extend arms outward in a gentle curve (eyes following right hand), while right knee pulls in towards body.



# Waving Hands



Bring left hand gently towards right elbow with left palm facing the ground.



Change hands, moving left hand upward and right hand downward. Left hand should now be facing away from you and right palm should be facing the ground.



Pushing down on right foot and pulling left knee in towards your body, turn upperbody and arms to left.



Change hands: move left hand down, palm facing the ground and right hand up, palm facing away.



Pushing down on left foot and pulling right knee in towards your body, turn upper body and arms to the right, then change hands again: right hand down, left hand up.



Pushing down on right foot and pulling left knee in towards your body, turn upper body and arms to left.



Change hands: move right hand up, left hand down.



Pushing down on left foot and pulling right knee in towards your body, turn upper body and arms to the right, then change hands: move left hand upwards, right downwards.



Pushing down on right foot and pulling left knee in towards your body, turn upperbody and arms to left.

# Open and Close



Bring hands in to front of chest, fingers pointed upward.



Breathing in, open hands.



Breathing out, push hands in toward each other.

To continue:

Repeat to the opposite side, push down on right foot and pull in left knee, do Single Whip Left, followed by Waving Hands Left threetimes, then Open and Close.

# Closing Movement

Stretch both hands forward.



Slowly lower arms down to side.

