

Tai Chi Movements Guide

Tai Chi for Arthritis - Basic 6

Starting Position



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

Cleanse your mind.

Commencement Movement

Stand tall without being tense.

Breathing in, bring hands up slowly



Breathing out, lower arms and bend knees slightly.





Lift arms, elbows bent. Step forward with left heel.



Push hands forward. Bring right foot in line with left.

Open and Close

Bring hands in to front of chest.



Breathing in, open hands.



Breathing out, push hands closer.



Single Whip



Step to right slightly forward,
touching down with right heel.



Shifting weight onto right leg, push
hands forward, turn palms.



Extend arms outwards,
looking at left hand.

Waving Hands



Bring right hand toward left elbow, right foot closer to the left.



Stepping sideways with right foot, move right hand upward, left hand downward.

Bringing left foot closer, turn upper body and arms to right.



Move right hand down, left hand up.





Turn upper body and arms to the left, step out with right foot, then move right hand upwards, left downwards.



Bringing left foot closer, turn upper body and arms to right.



Move right hand down, left hand up.



Turn upper body and arms to the left, step out with right foot, then move right hand upwards, left downwards.



Bringing left foot closer, turn upper body and arms to right.

Open and Close

Bring hands in to front of chest



Breathing in, open hands.





Breathing out, push hands in toward each other.

To continue:

Repeat to the opposite side, step to the left with left foot, do Single Whip Left, followed by Waving Hands Left three times, then Open and Close.

Closing Movement

Stretch both hands forward.



Straightening knees and breathing out, slowly lower arms.

