

Tai Chi Warm Up Exercises - Neck 1



1. Head down -- as you inhale, bring both hands up slowly.



2. Turn your palms and bring them toward your chest, push your chin gently backward.



3. Gently push your palms forward, then press them down slowly and exhale.

Tai Chi Warm Up Exercises - Neck 2



1. Lift up both hands, turn your left hand inward and push the right hand down near the hip. Look at your left palm.



2. Move your left hand to the left, turning your hand slowly to the left, then come back to face the front. Change palms.

Tai Chi Warm Up Exercises - Shoulder 1



1. Roll your shoulders gently forward three times and then backward three times.

Tai Chi Warm Up Exercises - Shoulder 2



1. Inhale and move your arms slowly upward.



2. As you exhale, gently press your hands down.

Tai Chi Warm Up Exercises - Spine 1



1. Hold your hands in front of you as though you're carrying a large beach ball. Inhale.



2. Exhale, push one hand up and push the other hand down, visualize stretching your spine gently. Then change hands.

Tai Chi Warm Up Exercises - Spine 2



1. Hold your hands in front of you as though you're carrying a large beach ball.



2. With your knees slightly bent, turn your upper body to the left. Then change hands and turn to the right.

Tai Chi Warm Up Exercises - Hip 1



1. Stand with hands up in front of your chest.



2. Bend your knees slightly, placing your left heel out in front of your; push both hands back.



3. Step backward with your left foot resting on the toes, stretching your hands forward.

Tai Chi Warm Up Exercises - Hip 2



1. From preparatory position.



2. Bending your knees slightly, push your hands to the side as though you're pushing against a wall and stretch the opposite foot sideways. Then change to the other side.

Tai Chi Warm Up Exercises - Knee 1



1. Make loose fists. Bend your knees slightly.



2. Stretch out one foot slowly and gently. Punch out gently with the opposite fist. Bring your arm and leg back in and repeat on the other side. If you feel uncomfortable lifting your foot off the ground then you can stretch your knee while keeping your foot on the ground.

Tai Chi Warm Up Exercises - Knee 2



1. With your fists next to your hips, bend your knees slightly and step forward with one foot.



2. Shift your weight onto the front leg and as your body moves forward, punch out gently with the opposite fist. Bring your foot back and repeat on the other side.

Tai Chi Warm Up Exercises - Ankle 1



1. Gently tap floor with your heel.



2. Gently tap floor with your toes.

Tai Chi Warm Up Exercises - Ankle 2



1. Lift up one foot, gently turn your foot inward and outward three times, not putting any weight on the turning foot. Change feet.