



**East Cheshire
Hospice**

Where people come to live

Tai Chi



Introduction to Tai Chi

Tai Chi and Qi Gong are based on the healing, meditation, breathing and postural techniques that help us develop balancing and harmonious movements. They include both individual exercises and flowing sequences to adapt to a variety of different circumstances including chair-based exercises.

Tai Chi and Qi Gong emphasise working with the natural movements of the body. They can therefore be practiced by people of all ages and abilities, even those who might be prevented from joining in other activities.

Beginners start by learning relaxation techniques, correct breathing and posture and develop these through movements that can be practiced without the use of any special equipment. The emphasis is on learning at a calm and gentle pace.

Through repetition, familiarity with the movements and principles increases; enabling individuals to continue their own practice.



Research suggests that Tai Chi and Qi Gong have shown to be effective by improving flexibility in the upper limb and trunk, improving mobility and balance.

They may also help with the following:

- To improve balance after falling
- Aiding recovery from long term physical and mental illness
- To correct postural problems
- To improve respiration and circulation and Increasing oxygen intake
- To increase range and quality of movement and physical function for people suffering from debilitating conditions such as MS, arthritis and cancer
- To help relieve and manage chronic pain
- To reduce stress and tension

These exercises can easily be done in your own home and can help to develop a healthy lifestyle and improve well-being.



Dao Yin General Health Exercise Set

Regulating the Breath (Tiaoxi Tuna)



- Straighten your arms going up, drop your elbows going down
- Co-ordinate your arms with bending and straightening of your legs
- Do not lean forward or backward, but slightly shift your weight forward when your arms begin to rise

Concentrate thought on the centre of your lower abdomen (Dantian point).

(Benefits your heart, stomach and spleen functions).

Push the Boat Downstream (Shunshui Tuizhou)



- Keep your upper body vertical
- Bend your back leg as you sit back
- Keep your elbows down and keep your arms bent when pushing

Concentrate your-thought on the middle of your palm (Laogong).

(Benefits your heart and lung functions).

Shoulder The Sun and Moon (Jiandan Rivue)



- Ensure movement comes from your wrist and not your shoulder
- Angle between upper arm and forearm is about 100°
- Hands are above your shoulders and your elbows are below your shoulders

Concentrate thought between kidneys (Mingmen point).

(Benefits your kidney, bladder and lung functions).

A Roc Spreads its Wings (Pengniao Zhanchi)



- Co-ordinate your arms and legs
- On forward movements stretch up as high as possible whilst keeping your waist relaxed

Concentrate thought on the centre of your lower abdomen (Dantian point).

(Benefits your triple heater and pericardium functions).

Lift the Millstone (Liban Panshi)



- Try to keep your back upright throughout this exercise
- When rising try to 'lift the stone with the breath not with the muscles'

Concentrate thought on the centre of your lower abdomen (Dantian point).

(Benefits your stomach and spleen functions).

Push the Window to Look at the Moon (Tuichuan Wangyue)



- At the beginning of the third movement turn your back foot first
- When squatting keep your body straight and wind your legs tightly

Concentrate thought on the middle of your palm (Laogong point).

(Benefits your gall bladder, liver, heart, lung, bladder and kidney functions).

Brush the Dust Against the Wind (Yingfen Danchen)



- Sweep your arms wide
- Don't cock your wrists

Concentrate thought on the middle of your palm (Laogong point).

(Benefits your heart, lung, large and small intestine functions).

The God of Longevity Strokes his Beard (Laoweng Furan)



- When 'stroking beard', lift up the centre of the top of your head (Baihui point) and give the impression of radiating vigour

Focus thought on the centre of your lower abdomen (Dantian point) during movements and be aware of the area between thumb and forefinger (Hegu point) when 'stroking beard'.

Dao Yin Chi Kun

Principles:

- Intentional movement
- Rhythmic breathing
- Awareness
- Visualisation
- Softness
- Solid stance
- Relaxation
- Balance and counter balance
- Continuity of movement
- Co-ordination

Added Goals:

- Tranquillity and stillness:

Aims to co-ordinate and strengthen the links between mind/body/spirit (breath).



Notes

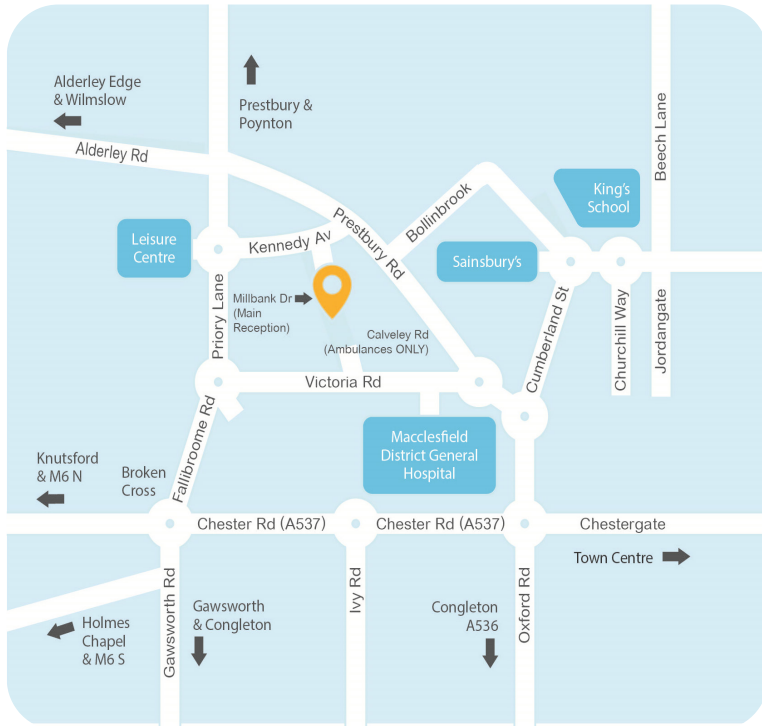
This image shows a full page of white paper with horizontal blue dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the paper.





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