

# TAI CHI EXERCISES FOR SENIORS



## Waist Loosening

1. Stand with your feet slightly wider than hip width apart.
2. Let your arms hang loose by your side.
3. Rotate your right hip forward and your left hip back. Remember, keep the motions and repetitions continuous.
4. Now go in the opposite direction, left hip forward.
5. Your dangling arms will flap against your sides. It feels like an odd, slow version of “doing the twist.”
6. Continue for up to two minutes, or until you feel warmed up.



## Torso Twists

1. Stand with your legs slightly more than hip width apart.
2. Put your hands on your hips.
3. Inhale and lengthen your spine.
4. Exhale and twist your torso to the left. Your hips can move a little, but only a little. Keep your knees above your ankles. Let the knees bend a little but don't let them twist or bend unevenly.
5. Twist back to the right. Keep your movement in time with your breathing.
6. Repeat to each side 5-10 times.



## Leg Warm Up

1. Stand with your legs slightly more than hip width apart.
2. Put your hands on your hips or let them hang by your side. Or you can put both hands on the back of a chair.
3. Shift your body weight to your left leg. The motion should be slow, inch by inch, and always under control.
4. With all your weight on your left leg, inhale.
5. Exhale and gradually shift to your right leg.
6. Repeat 5-10 times.



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## Touch the Sky

1. Stand up or sit up straight.
2. Hold your hands at waist level with palms up and fingertips pointed toward each other. If you're sitting you may rest them in your lap this way.
3. As you inhale slowly, lift your hands to the level of your chest, extend them with your palms outward and raise them above your head.
4. Don't straighten them all the way. Keep a little bend in your elbows.
5. Exhale slowly, relax your arms, lower them to your side, then bring them back to the starting position.
6. Repeat 5-10 times.



## Broadening the Chest

1. Sit (or stand) straight with your feet shoulder width apart.
2. Let your arms hang by your side.
3. Inhale and extend your arms straight in front of you at about shoulder level.
4. Exhale and let your shoulders relax.
5. Face your palms toward each other, inhale, and open your arms wide as if inviting someone for a hug. Again, let your shoulders relax.
6. Exhale as you bring your hands back to center then lower them to your sides.
7. Repeat 5-10 times.



## Holding the Ball

1. Sit straight and hold the ball, real or imaginary, out in front of you, with your elbows at about 90 degrees.
2. Turn from the waist and move the "ball" to the left. Rotate your hands so your left hand is on top and at about shoulder height (or as high as is comfortable). Turn your head to follow the ball with your eyes.
3. Move back through the starting position and move the ball to the right.
4. Repeat 5-10 times.





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## Scooping from the Sea

1. Sit in a chair.
2. Bend forward over your left knee with your weight slightly shifted left.
3. Bring your arms beyond the left knee with the wrists crossed and the palms facing up.
4. Inhale as you bring your arms up, separate them and move your weight to the right.
5. Bring your arms as high as is comfortable with palms facing back. Imagine you're tossing that seawater behind you.
6. Exhale as you bring your arms back down to the crossed-wrists position over the right knee.
7. Repeat about 5 times over each knee.



## Dancing with the Rainbow

1. Stand up straight.
2. Shift your weight to the right.
3. As you inhale, lift your right arm overhead with the elbow bent and extend your left arm. You'll somewhat resemble "I'm a little teapot."
4. Exhale, raise both hands overhead and shift your weight back to the center.
5. Shift your weight to the left.
6. Inhale and form a teapot pointing the opposite way.
7. Repeat about 5 times on each side.



## Windmill

1. Stand with your feet shoulder width apart.
2. Let your arms hang by your sides and relax your shoulders.
3. Swing your arms out in front so your palms face your body and your fingers point down.
4. Inhale and raise your arms. Bring them out slightly to the left in a windmilling motion and bring them back to center as you raise them directly over your head.
5. Exhale and lower then. Windmill toward the right as you return to the starting position.
6. On the next repetition, go up to the right and come down to the left.
7. Do about 5 reps on each.

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## Shooting the Bow

1. Stand with your feet shoulder width apart and arms at the sides.
2. Relax. Let your back round and your knees bend slightly.
3. Make fists in front of your face with your fingers facing you and the hands touching.
4. Inhale, rotate your waist to the left and extend your left hand. Open the fist so the palm faces outward and leave the elbow slightly bent.
5. Pull back with your right fist as if drawing a bow.
6. Exhale and return to the starting position.
7. Alternate sides. Do 5-10 reps on each side.



## Penetrating Heaven and Earth

1. Stand with your feet hip width apart and your arms by your sides.
2. Inhale and lift your hands to chest height. Rotate the hands so the palms are up and the fingers face each other.
3. Relax and exhale.
4. As you inhale, separate the arms. Lift your right arm palm up over your head and put your left palm down near your hip.
5. Inhale and bring them back to their former position at chest height.
6. Repeat with the left arm rising and the right falling.
7. Repeat 5-10 times on each side.