

# Tai-Chi 5 Level 1 Training Checklist

Friends and Students it is my pleasure to welcome you to our online Tai-Chi program. In any personal development system it is important to set up a step by step process to make it easy to follow through in a very simple but comprehensive way. The PDF. Programs and ultimately our training journals are designed to complement our online and onsite programs in this important function. Below you will find a list of steps to take for the Tai-Chi 5 program. To produce the result of reaching your goals it is critically important for you to follow the steps accurately and in order. Each week of training has a training scale to follow. I will be listing it shortly. It is very important that you reach that level of proficiency before moving on to the next step.

1. Get a medical checkup
2. Error on the side of being too easy

Effectiveness scale- this is the scale necessary for safety and optimum benefit. The technique level also tells you when you are ready for the next level of training.

Pain level -2 or lower

Technique level - 7 or higher

Intensity level 3-5

## **Lesson 1 Restorative**

Begin with the restorative lesson every day of every week.

- \* Modified Lying corpse for 1 min.
- \* 3 sets 3-5 reps basic belly breathing
- \* Spinal rotation knees x5 reps

## **Form training**

- \* Tai-chi arm rise 5- 10 reps

## **Standing joint mobility**

- \* Ankles 5 reps each direction
- \* Plantar and dorsiflexion
- \*Inversion and eversion

The above routine is purposely very short but it begins the acclimation process of ridding your body of stress and maybe even more importantly it develops the critical habit of a daily practice. Without this daily practice there will be no results.

## **Lesson 2**

### **Restorative**

- \* Modified corpse pose chair x 1 min/ belly breaths x5
- \* knees rotate alone x5
- \* Head rotates alone x5
- \* belly breaths x5
- \* 1 min modified corpse pose chair / belly breaths x5

### **Form**

- \* Horse stance- spinal twist x 5
- \* Reach back exercise x5 each side
- \* Arm rise from Lesson 1 and move 2 combined form x5

## **Lesson 3**

### **Restorative**

- \* Lying modified corpse pose 2 min / 5 belly breaths
- \* Spine rotation knees x5
- \* Neck x5
- \* Belly breath x5
- \* Head and knees same direction x5
- \* 1 min modified corpse pose / belly breathing x5

### **Form**

- \* Arm rise x5
- \* Horse stance spine rotations x5
- \* Reach back exercise x5
- \* Arm fold to yin position x5
- \* Full form to date x5

## **Lesson 4**

### **Restorative**

- \* Lying modified corpse pose / 5 belly breaths 2 minutes
- \* Knees x5
- \* Head x5
- \* Head and knees same x5
- \* Head and knees opposite x5
- \* Lying modified corpse 2 minutes / belly breaths x5

### **Form**

- \* Arm rise x5
- \* Horse stance spinal twist x5

- \* Reach back x5
- \* Arm fold to yin x5
- \* Repulse monkey x5
- \* Full form to date x5

## **Lesson 5 Restorative**

### **\* modified corpse pose 2 min/ 5 belly breaths**

- \* knees x5
- \* Head x5
- \* Head and knees same direction x5
- \* Head and knees opposite direction x5
- \* belly breaths x5
- \* arms out to side rotate palms opposite each other x5
- \* modified corpse pose 1 minute / 5 belly breaths

### **Form**

- \* all segments from Lesson 3 and 4 form training. Perform these according to directions above before adding the steps that we will add in this lesson.
- \* natural stance to cat stance x5 each side
- \* perform brush knee back swing segment , knee and palm lifting x5 each side
- \* put all segments together as a form x 5

## **Lesson 6**

### **Form**

- \* perform each segments from previous lesson x5 each side
- \* add wrist drop together with step in the brush knee posture x5 each side
- \* perform form with all movements up to current lesson x5 reps

## **Lesson 7**

### **Form**

- \* perform each segments from previous lesson x5 each side
- \* finish brush knee posture x 5 each side
- \* perform finishing centering breath at end of the form
- \* perform entire Tai-Chi 5 form x5

## **Lesson 8**

- \* test
- \* can you feel the release of tension dropping the elbows under the shoulders?
- \* can you find the wrist to drop below the elbow by releasing the biceps?
- \* Can you release the fingers below the palm without recruiting muscles and going past the gravitational line below the shoulder?
- \* Be sure that you are reaching back to 45 degrees to the rear, no further ?

- \* be sure that you are only lifting your palm up to 90 degrees high in line with your shoulder?
- \* can you make sure that the wrist folds right above the elbow?
- \* can you lift the rear hand and lead hand at the same time for repulse monkey?
- \* be sure that you are dropping the palm and letting go to create the repulse monkey posture.
- \* be sure that you are shifting your weight and dropping your palms at the same time you do the back stroke on the brush knee posture.