



Tai Chi Morning Warm-ups

General instructions:

This is about gentle stretching and loosening up. You don't have to push, or stretch hard, or do big swings. Just move until you feel the muscles engage and that's enough. Start with four repetitions of each. Work your way up to eight over time. Start at the top and work your way down.

Neck:

- Look left, hold it a few seconds
- Back to center
- Look right, hold it a few seconds
- Back to center
- Drop you chin and look at your toes
- Back to center
- Look up at the ceiling
- Back to center
- Lean the head over to the left, hold it a few seconds
- Back to center
- Lean the head over to the right, hold it a few seconds
- Back to center
- Rotate the head all around going one way
- Reverse direction and rotate the head all around the other way

Shoulders:

- Rotate both shoulders up and back
- Reverse directions and rotate the shoulders from back to front
- Right arm swings forward
- Reverse direction; right arm swings backward
- Left arm swings forward
- Reverse direction; left arm swings backward

Elbows:

- Arms out front, point the fingers under your shoulders and swim
- Change directions and do the breast stroke

Fingers:

- Milk the fingers of one hand:
- Thumb, Pinkie, Middle, Ring, Index



Milk the fingers of the other hand

Wrists:

Shake the wrist sideways

Shake the wrists waving away

Shake the wrists towards you (feinting lady)

Clasp your hands and rotate the wrists around

Rotate the other way

Spine:

Arch your back

Curl up into a "C"

Hips:

Rotate the hips around one way like a hula hoop dance

Reverse and rotate the other way

Elvis pelvis, tuck the tailbone in, then push it out letting the lower spine flex

Knees:

Clap your hands and rub them vigorously to warm them up

Now rub all around your left knee to increase the circulation, rub above and below the knees, get the tendons behind the knee

Clap your hands and rub them together again

Now do the right knee

Put one hand on each knee and move the patella around in circles, and then rub the little knob below the patella

Rotate both knees around in one direction

Reverse and rotate the other direction

Ankles:

(Optional: hold on to something for balance)

Lift your right heel and put your toe on the floor behind you

Rotate the right ankle around your toe in one direction

Reverse and rotate the right ankle in the other direction

Now do the left ankle

Lift your left heel and put your toe on the floor

Rotate the left ankle around your toe

Reverse and rotate in the other direction

You're done! Shake your whole body out now that everything is loose!