



Memorise the names of the exercises and Tai Chi movements as you learn them. Practice daily. Research shows the sooner and more often you practice after the lesson, the more you will remember.

To help you practise use the following as a guide:

WARM UP EXERCISES

Gentle Stretching

Combine breathing and stretching

Swinging Arms

Turn hips, wrap arms around body

Butterfly

Wave arms, rise and sink

Flying White Crane

Turn left, centre, turn right

Joints & Conective tissue

Move joints without any load or effort

Stepping & Weight Transfer

Moving from one foot to the other

Tai Chi Hand Circles

Turn from centre, Wave Hands Like Clouds

LOTUS QIGONG

Part One

Preparation

Waving Hands

Turtle Treads Water

Snow Rabbit Digs the Earth

Maiden Scoops Spring Water

Raindrops Fall on the Lotus

Lotus Flower Blossoms

STANCES

Horse Stance

Feet shoulder width apart, knees bent, hold while comfortable

Bow Stance

Sink weight, one foot forward, bend both knees

Empty Stance

Sink all weight into rear leg, either toes or heel of front foot in light contact with ground ahead of you

For more information on these and other exercises we recommend Grandmaster Khor's "**Relaxation Exercises**" on disc to play on your **DVD** or computer \$25. Ask your instructor or ring office to order.

Part Two

Face the Wind

Lift The Sky, Press the Earth

White Crane Spreads It's Wings

Snow Rabbit Digs the Earth

Wave Hands in the Air and Close

For more information on the **Lotus Qigong** exercises see Grandmaster Khor's book "**Living Chi**" \$28 and "**Wellness Video**" \$35 Ask your instructor or ring office to order.

KHOR TAI CHI MOVEMENT SET

LEVEL 1 & 2

Level One

PREPARATION, separate feet - horse stance
STANDING ZEN be in the moment
COMMENCEMENT raise and lower arms
HOLDING THE BALL on right
STROKING THE BIRD'S TAIL in left bow stance
HOLDING THE BALL on left
WARD OFF in right bow stance
PULL BACK in right bow stance
PRESS in right bow stance
PUSH in right bow stance
SINGLE WHIP in left bow stance
STRUM LUTE/ PLAY GUITAR heel empty stance - weight on left

Level Two

SHOULDER STROKE with right shoulder
WHITE CRANE SPREADS WINGS toes empty stance - weight on right
EMBRACE TIGWE - BRUSHING KNEE in left bow stance
PLAY GUITAR heel empty stance - weight on right
BLOCK BACK heel empty stance - weight on right
PARTING HORSES MANE - SLANT FLYING in left bow stance
DOWNWARD DEFLECTION with right fist
KICK AND THRUST with right heel
PARRY with left hand
PUNCH right fist in left bow stance
CLOSE THE DOOR in left bow stance
CROSS HANDS central stance

For more information on the **Tai Chi Moves** see Grandmaster Khor's booklets "**Tai Chi - movements manual**" \$15 each and on disc to play on your **DVD or computer** \$25. We also recommend the "**Taoyin Music**" CD \$25. Ask your instructor or ring office to order.

Go as far as comfortable for yourself but never stress or strain!!

Relax and sink, weight to feet, keep head and spine upright, but without strain. The face and chest remain relaxed. Clear the mind of all intruding thoughts. Never lift one foot to take a step until balance is firmly established on the standing foot. Breathe naturally through your nose, do not hold your breath.



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