

Tai Chi

8-Step Standing Sequence

Flow through the steps slowly with emphasis on precise movement, proper alignment, calm breathing in and out, keeping head up and eyes focused and soft. Use imagery to help to flow like water through the poses. Repeat on each side.



Stand upright, hands on waist, feet hip-width apart, knees slightly bent

IMAGINE: still and sturdy like a tree



Shift weight onto left foot, touch right toe on floor out in front

IMAGINE: silent and soft like a cat



Raise right knee up to waist height, balance on left leg, stretch head upwards

IMAGINE: balanced and tall like a stork



Keep feet together, circle arms out to sides and down beside the body, palms down

IMAGINE: slow and steady like the setting sun

Keep weight on left, place right heel back down on the floor in front of right shoulder

IMAGINE: firm and sure like a gymnast



Bring right foot to meet left foot, raise arms out to sides and up to the sky, palms up

IMAGINE: smooth and flowing like the rising sun

Pivot both feet to the right, reach both hands, palms up, to right, flow through centre and repeat other side

IMAGINE: graceful and soft like ribbons in the wind

Move right foot to side, bend knees in a wide crouch (sumo), weight on both feet

IMAGINE: strong and centred like a bear

