

Daily TaiChi for Beginners and Seniors

By Don Fiore

1. Calming the Waters

The hands float up to the chest. Step out with the left leg at ten o'clock. Exhale as you push both hands forward and let them come back in a small circle. Rock forward keeping your back foot flat. Inhale as you rock back, your toes come up. Repeat a few times. Then move your leg back and your hands rest as if they were on a table. Switch legs and repeat. Float up your hands to the chest. Step out with the right leg at two o'clock. Push both hands out as you rock forward, then make small circles as you rock back, your toes come up. Repeat.

2. Push Water to the Side

Place the left hand on top of the right with palms facing to the left. Step out with your left leg and shift the weight and push. Switch the hands and shift and push to the right. Repeat.

3. Fanning the Wind

Bring one hand up. The palm faces out. As the hand fans across, the other is low and pushes along the bottom. Don't forget to shift weight. Switch the hands and move to the other side as you transfer the weight. Repeat. Finish by bringing the foot in and resting the hands down.

4. Over the Drum

Step out with your left foot. Your palms face each other keeping them about head width apart. Exhale, as you move forward and shift, the hands float over the top of the drum and slowly come around and form a circle coming back, inhale, sit on the back leg lifting the front toes as you shift back. Repeat a few times. Bring the foot in, rest the hands. Repeat on the other side stepping out with the right foot.

5. Ball to the Mountain

Palms open out. Step out with the left foot at ten o'clock. As you shift forward the hands float up to form a ball in front of your face. As you shift back, the hands come down to the waist and break open. Gather Qi and pull the hands back up to the mountain as you shift forward. Repeat. Come back to center. Repeat on the other side stepping out with the right foot at two o'clock.

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6. Ball to the Valley

Hands float up to the shoulders. Step forward with the left foot. As you shift forward the hands circle down to form a ball below the navel. Shift back as you pull the ball up towards your neck. Open gently as you repeat a few times. Come back to center. Step out with the right foot and repeat the same movement.

7. Single Whip

The right-hand floats up to form a crane hook, all your fingers are touching your thumb. Move it across the face. Step out with the left foot. Push the left hand as you shift weight to the front leg. Rock back and forth. Come back to center. Repeat on the other side.

8. Focus the Arrow

Step with the left foot to the side. The hands come up. The left hand in a horizontal position and the right vertical pushing on the left. Shift weight to the left leg as you move your hands to the left side. Make a fist with the right hand and pull as you shift weight on the right leg. Next, pull your fist across the face and then release. The hands come down. Repeat on the other side.

9. Push from the Shoulders

Hands come up to the shoulder. Step out with the left foot. Push the left hand as you shift weight to the left leg. Then slowly rock back, shift weight and push the right hand out. Keep the elbows bent. Repeat a few times. Come back to the center. Repeat on the right.

10. Waves of the Universe

Step forward with the left foot. Exhale, the hands push towards the floor as you shift weight forward. Inhale, let the wrists float back up as you shift weight to the right leg. Repeat. Then switch to the other side.

11. Parting the Horse's Mane

The left hand faces up by your belly button, the right hand is on top. Step out with the left foot. Exhale, as you shift weight forward, the left-hand floats up across the body up to shoulder height. Inhale, then the hand moves back down as you shift to the right leg. Repeat. Come back to center. Switch sides.

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12. Brush Knee

The right hand comes up. The left hand turns out. Step out with the left foot. Shift weight forward as you brush with the left and push with the right. Shift weight to the right as you move the hands back. Both hands move as one. Repeat. Switch to the other side.

13. Hit the Tiger

Make two light fists, position them high up, the left hand in front of your forehead and your right hand in front of your chest. Step out with the left foot. Shift forward. The fists open up and come back. Cross your wrists. This time step out with the right foot and shift forward keeping the fists high. The right should be in front of your forehead and your left in front of your chest. Come back and cross hands. Repeat on each side a few times.

14. Snake's Tongue

Step out with the left foot to the side. The right foot comes in. The left hand raises up, bend the elbow, the palm should face in. Place the right hand under the left elbow with the palm facing down. Next your left hand comes down as it turns into a fist, circle around. Open both hand and make a big circle as you step to the side with the right foot and center. Repeat on the right. Switch sides and repeat a few times on each side.

15. Push and Pull

Hands come up to the chest, both palms facing out. Step out with the left foot. Gently push both hands out as you shift weight forward. Turn the palms up as you shift weight back. Repeat. Switch sides.

16. Hands Waving Clouds

The left-hand floats out, then it gently floats down past the waist, it comes up by the chest. Next, step to the side with the left foot. As you shift weight to the left, turn our torso slightly. Then switch the hands, the left down, the right comes up. Shift and turn to the right. Repeat a few times.

17. Lotus Flower Closing

Step out with your left foot to the side. Hands to the side, both palms facing up. Inhale, bring the arms up. The hands come together above your head. Exhale, bring the hand down to your heart. Inhale, as you open your hands to create the lotus flower symbol. Exhale, turn the hands into fists (closing the flower). Inhale, stretch the arms forward. Exhale, open the fists and move the arms to the side as an embrace. Finish by taking a bow.

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