

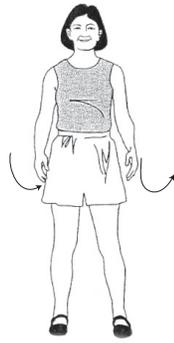
Basic Movement Pattern Exercises



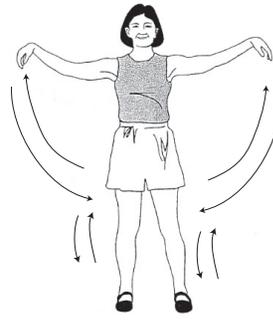
HORSE STANCE (POSTURE)
CENTERING



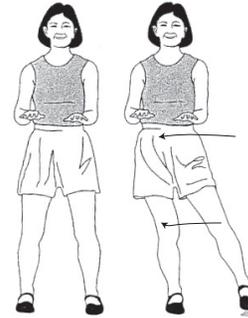
DIAPHRAGMATIC
BREATHING



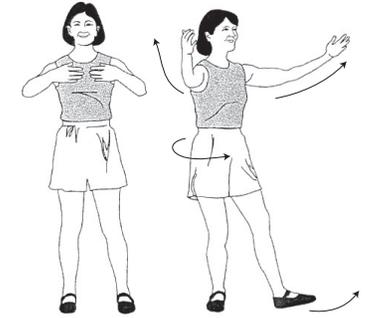
-ARM SWINGING-
HEAVY ARMS



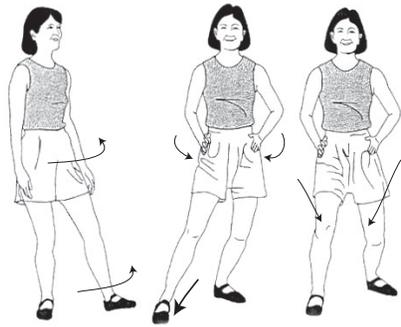
CRANE TAKES FLIGHT



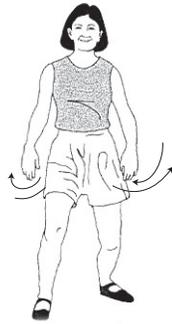
BEAR ROOTING



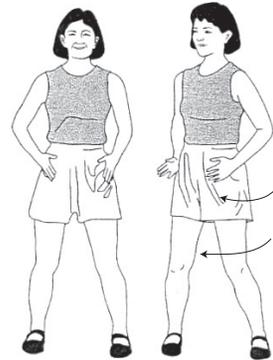
STABLE AND OPEN WITH GATHERING THE STARS



TAI CHI STANCE (70/30 STANCE)



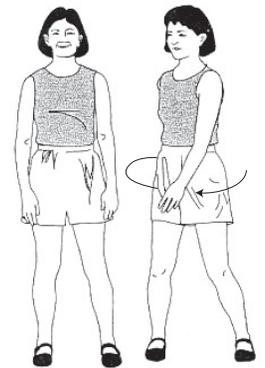
BEAR WALK
(BEAR MOVES WITH CRANE ARMS)



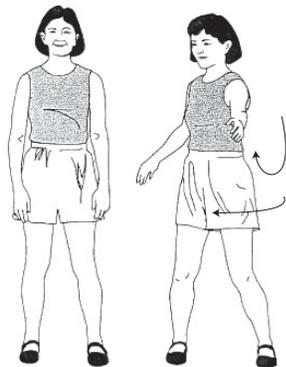
TAI CHI FOLD



MOVING THE MOON



BASIC BEAR



WALKING/SKATING/SKIING MOVE



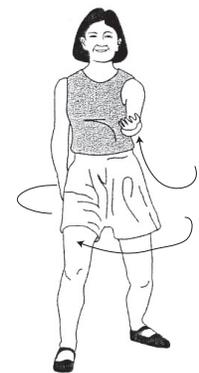
FLYING CRANE



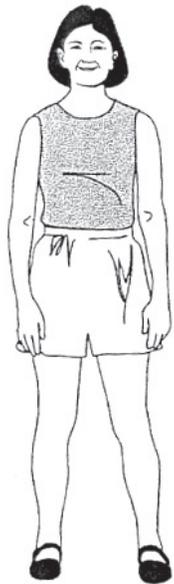
DANCING CRANE



TAI CHI STANCE WITH FOLD

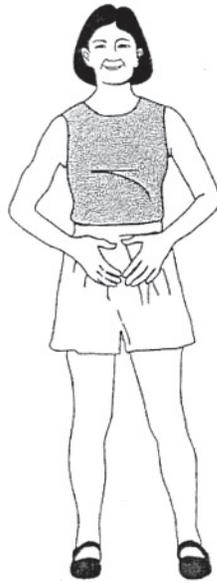


POWER STANCE (SOFTBALL PITCH)
-(SIMILAR TO BRUSH KNEE MOVE)-



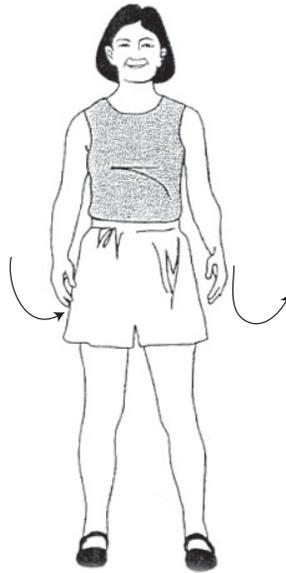
HORSE STANCE (POSTURE)

Be aware of the top of your head, your hands and your feet. Feet hip width apart, knees soft, tailbone tucked, back straight, feet flat on floor and weight evenly distributed on feet. Shoulders relaxed and down, head erect and lifted.



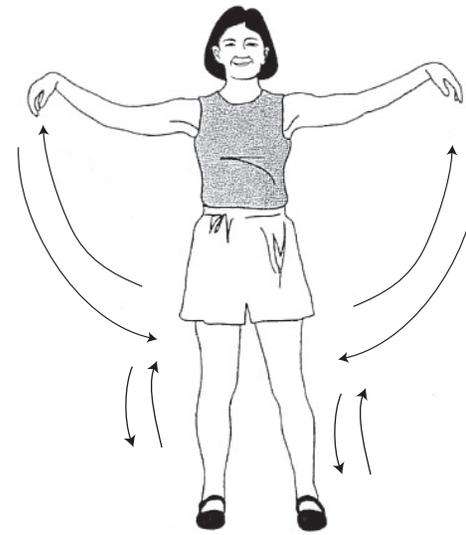
DIAPHRAGMATIC BREATHING

Let the belly relax so your diaphragm can fill with air first and then your upper lungs. This is a relaxing breath and healthy breathing.



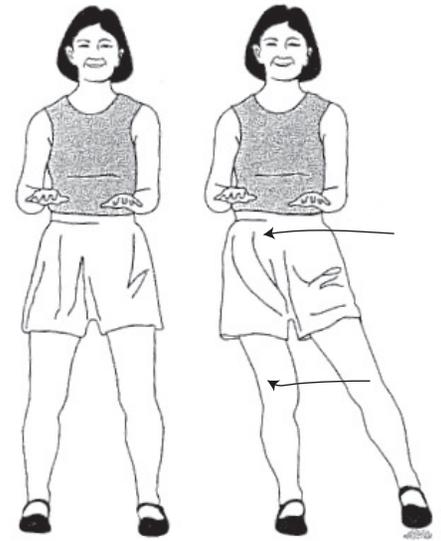
HEAVY ARMS (ARM SWINGING)

Let your arms swing front to back as though they were limp, swinging like a pendulum. This relaxes the arms, works the shoulder and keeps your body loose. Head and neck are relaxed, arms moving from the shoulders.



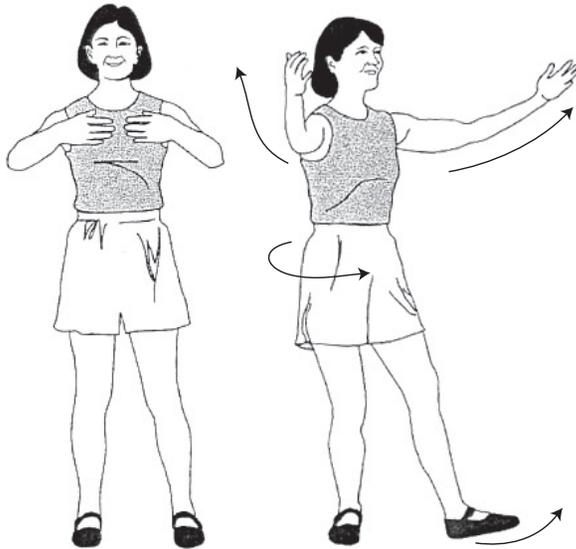
CRANE TAKES FLIGHT

Starting in horse stance, bend knees with arms lowered, then raise arms as you straighten legs. The wrists are loose, and flexed as you raise the arms and turned down as you lower the arms. Bend knees- lower arms/ raise the body up and raise arms. Torso remains straight, pelvis in neutral position, shoulders relaxed.



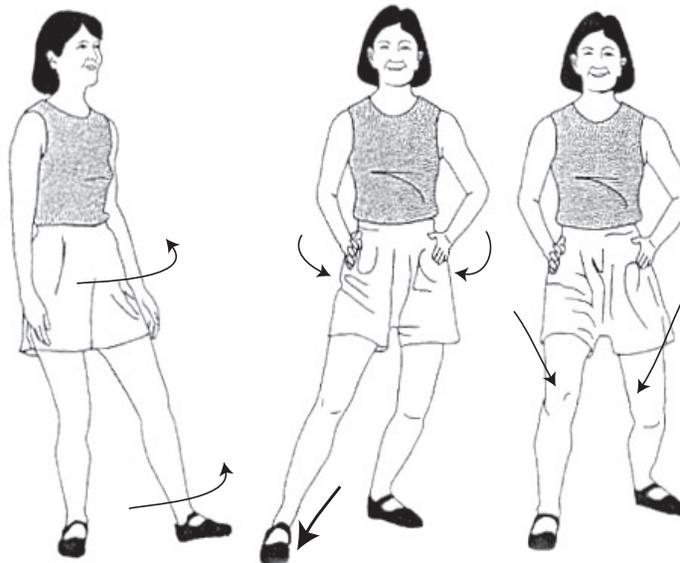
BEAR ROOTING

Shift weight entirely over one foot. Body remains upright, pelvis even with floor. Knee of the stable leg is bent. Lift the unweighted foot slightly off the floor for balance challenge.



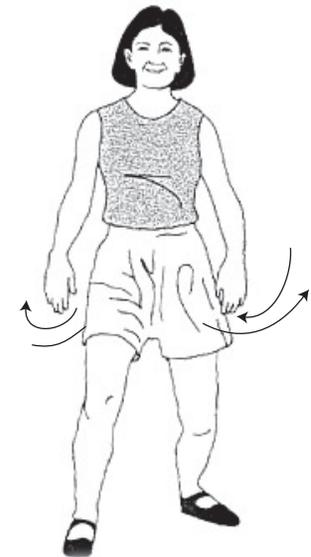
STABLE AND OPEN WITH GATHERING THE STARS

Hold arms in front of you as though holding a large ball. Shift weight onto one leg, pivot the unweighted foot about 45 degrees and turn torso along with the foot, while opening the arms expressively. Return arms and torso and foot back to center and repeat on the other leg.



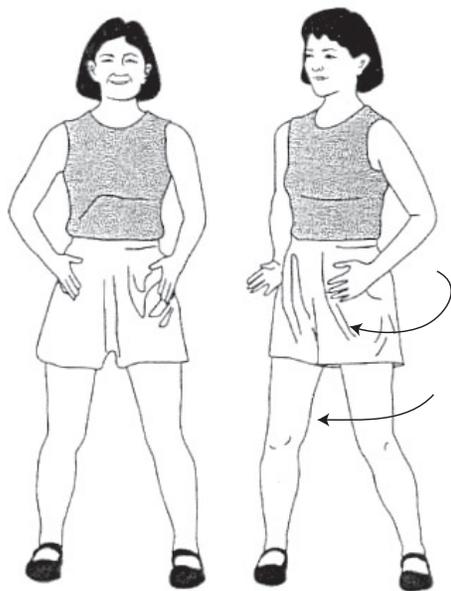
TAI CHI STANCE (70/30 STANCE)

Start with the stable and open rotation, pivoting the foot and moving the torso. Then shift the weight to the pivoted foot and step directly on it. Step heel first. Bring the unweighted foot to step forward, then rotate the hips to maintain that they face the front. Knees are bent and weight is even over both knees. Knees must always be aligned over the foot.



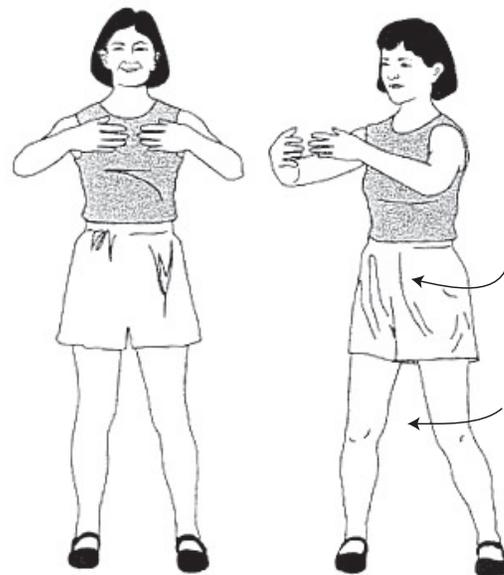
BEAR WALK (BEAR MOVES WITH CRANE ARMS)

Move in to the Tai Chi (70/30) stance with hips facing front and knees bent. Then shift the weight forward to front leg (but do not push your knee past your toes) as you lift your arms forward. Then shift your weight to the back leg as you swing your arms backward.



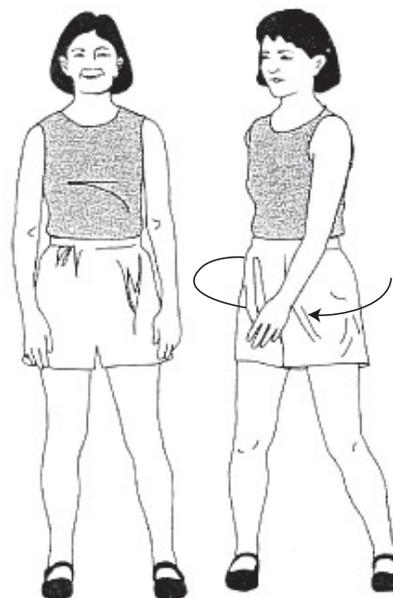
TAI CHI FOLD

Begin in Horse Stance. Shift the weight more to one leg as you rotate your hips forward and to the side. Feet remain flat, knees flexed and body upright. Shoulders align over hips.



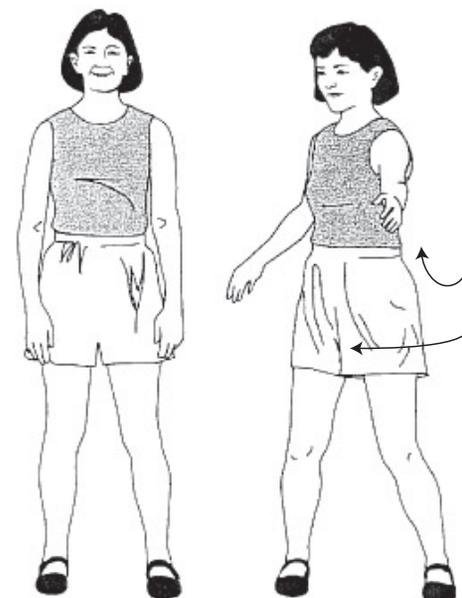
MOVING THE MOON

Raise arms in front as though holding a large ball. Fold at the hips keeping the arms and hand stable and centered in front of the torso. Do not twist at the waist. The movement is at the hips. Feet stable, knees bending. Shoulders and elbows relaxed.



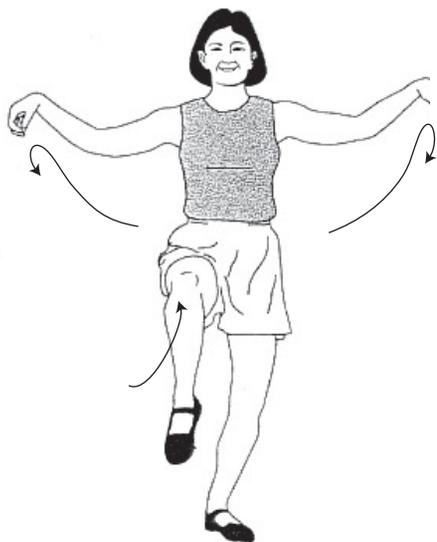
BASIC BEAR

Begin in Horse Stance. Move the hips in the Tai Chi fold while swinging arms from side to side. Arms are completely relaxed, feet flat, knees bent.



WALKING/SKATING/SKIING MOVE

Tai Chi fold as arms swing in opposition. As torso and pelvis rotate to the right, the left arm swings forward. Shoulders and arms are relaxed. Knees are bent.



FLYING CRANE

Begin in horse stance with feet diagonal. Shift weight entirely to one leg and left knee of the unweighted leg directly in front of you. Raise crane arms as the knee lifts. (Toes can remain touching the floor for balance). Arm and leg raise and lower simultaneously. Knee of weighted leg is bent, tailbone tucked, shoulders relaxed, back straight.



DANCING CRANE

Begin in horse stance with arms up in front of you. Shift the weight to one leg, turn the knee of the unweighted leg outward with toes on floor - or - lift knee off of the floor. At the same time, open the arms, as a dancer, with the hand above the knee palm up, and shoulder height- the other arm straight out from the shoulder. Lower the leg and bring the arms back to center together. Repeat with other side.



TAI CHI STANCE WITH FOLD

Move in to the 70/30 stance. Shift the weight and fold the hips to the back leg without twisting the waist. Then unfold and return to the front leg. Torso follows the fold of the hips.



POWER STANCE (SOFTBALL PITCH) -(SIMILAR TO BRUSH KNEE MOVE)-

Move in to the 70/30 stance. Shift the weight and fold the hips to the back leg while throwing your arm back, then unfold to the front as you shift the weight to the front leg and throw the arm forward.