

Tai Chi for Seniors

By Randal Lau

There are 6 major joints, neck, shoulders, spine, waist, knees and ankles. Warm-up by opening and closing your fists.

1. Gathering Clean Energy

Begin with your feet shoulder width apart, unlock the knees. Now start by coming down and coming up taking a deep breath bringing the arms up and then breathe out as you lower the arms.

2. Connecting to the Energy all Around

Come up from the side raising both arms up to shoulder height (palms facing up) then look over your left palm staring at the horizon, bend the elbows. Inhale, bring the hands closer to your body, turn the wrists. Next, exhale, push forward in front of your chest. Breathe in, make a circle with your hands. Breathe out separate the arms and open, staring over the right palm. Repeat.

3. Gathering Energy from the Earth

Lower the arms (palms facing down). Inhale, turn the palms and move them up. Flip the palms once they are at chest height and push the energy above your head. Exhale, open the arms and bring them down

4. Picking up Cleansing Water

As you lower the arms, turn the palms facing up and breathe in, bend the elbows. Bring the hands in front of your face. Next, make two fists in front of your eyes and exhale, squeeze down, lowering the arms, twist the fist at the very end. Let go and open the fists. Repeat.

...transitional move. **Gathering Clean Energy.**

5. Neck Exercise 1

Palms are facing forward, relax the shoulders, unlock all the joints and suspend from your head top. Breathe in, pick up your arms, bring them up in front of your face. Then turn in your palms and breathe out as you push forward, lower the arms and drop your head. Pause for a couple of seconds. Repeat.

© Randal Lau – Lau Shen Kung Fu

[LauRandalBiography.pdf](#)

<https://www.youtube.com/c/LauShenGungFu>

6. Neck Exercise 2

Turn your head and torso right. Raise the right arm up, palm in front of your face. Place your left hand at hip height (palm facing down). Next, turn your head and torso to the left as you move your left arm up and finish with the left palm facing your face, at the same time move your right hand down to hip height. Switch and repeat.

...transitional move. Bring the hands in front of your throat. Open as you inhale, close as you exhale. Repeat a few times. Then gently let your palms fall forward and down.

7. Shoulders Exercise 1

Turn your palms, let them hang on the side of your body, fold your elbows. Next squeeze the shoulder blades together, then pull them up, move them forward and down. Repeat a few times. Next reverse. Turn your palms out and pull the shoulder blades forward, then move the shoulders up and back as you rotate the palms facing up and finally move the shoulders down. Repeat

8. Shoulders Exercise 2

Repeat the previous exercise, but this time rotating one shoulder at the time. Allow your body to turn, relax your waist and relax your neck as you do this. Begin with folding your left elbow, then roll the left shoulder forward, then move it down. Repeat three times. Then bring the left shoulder forward, then roll it back and down as you allow your whole body to turn to the left side. Repeat three times. Switch to the other side. Fold your right elbow, then roll your right shoulder forward and move it down. Repeat three times. Finally, bring the right shoulder forward, roll it back and then down remembering to turn your whole body to the right side. Repeat three times.

...transitional move. **Shoulder Exercise 1**, one time forward, on time back.

9. Shoulders Exercise 3

Make loose circles. Swing your arms making small inner circles in front of your body. Then slow down the movement combining slow breathing. Continue doing this adding a small turn of the waist to the left side. Repeat a few times, then switch to the right side. Repeat.

10. Spine Exercise 1

Begin with holding the ball. Left arm chest height (palm down), right arm belly height (palm up). Separate the palms. The right hand moves above the head and the left goes down to hip height. Hold the stretch without locking the elbows. Breathe in and breathe out. Slowly switch. Starting with holding the ball, this time the right arm is at chest height and the left is at belly height, then move the left hand above your head and the right at hip height. Hold the stretch without locking the elbows. Repeat a few times. Continue with this movement except instead of the holding the ball, you split the ball. The hands brush and wipe each arm as you move up and down the central channel. Don't forget to breathe deep and slow.

11. Spine Exercise 2

Move your hands in front of your throat as if you are holding a very small ball. Move the right arm up and lower the left down, placing the left hand below the right elbow. Next the left washes the outside of the right arm as it moves up, the right goes down under the left elbow. Turn the wrists, the right palm faces down, then left faces up and keeps turning and ends with the palm facing out in front of your forehead and your right hand remains with the palm facing down in front of your belly. At the same time, you'll be turning your body to the left side. As you come back and start turning right, the left elbow drops, turn the left wrist, now the left palm is facing in. Stop turning once you get to the center, next switch the hands. The right hand goes up washing the left arm. Place the right hand in front of the forehead, palm facing out. The left hand goes down palm facing down in front of the belly and spin and turn to the right. Repeat

12. Spine Exercise 3

Bring the hands in front of your heart, palms facing each other. Inhale as you expand, exhale as you contract. Repeat a few times. Next, turn the hands holding a very small ball in front of your chest, left on top of right, then turn left. Now turn right, once you get to the center, switch the hands, now the right is on top and the left is at the bottom. Continue turning all the way to the right corner. Repeat turning left and right.

...transitional move. Move the hands in front of your solar plexus. Inhale expand, exhale contract. Repeat. Next, push the arms out and move the hands down.

13. Waist Exercise 1

Move the arms up to shoulder height, turn the waist to the left (if you're standing, step back with the right foot). Drop the hands and lift the right knee and push it forward, landing on the heel of the right foot (if you're standing up, turn your waist to the right as you kick forward). Repeat. Switch sides beginning from a neutral position, both feet parallel at shoulder width. This time you shift weight on the right foot and kick with the left. Repeat.

14. Waist Exercise 2

Make fists and place them on each side of your waist. Step forward with the left foot at the same time bring the right fist up and punch forward. Sit back on the right leg and lift the left leg up, bend the knee and bring it back and finally step down. Switch sides. Shift weight to the left leg, pick up your right foot and punch with your left fist as you step forward. *Note: keep your feet in an open v position as you step forward and back, this will give you more stability and balance. If you are sitting down, keep your feet straight.

15. Knees Exercise 1

Start in neutral position with your fists on each side of your body. Pick up the left foot as you lift your right fist up and kick forward in the air as you punch forward. Pick up the foot and put it back as you lower the fist. Switch sides. Pick up the right foot as you bring the left fist up and punch forward as you kick in the air. Pick up the foot and put it back and bring the left fist down. Repeat.

16. Ankles Exercise 1

Place your hands on your belly or kick your hands up with elbows bent. Shift weight to the left leg and then kick low with the right foot. Gently place the heel of foot at 45 degrees angle. Pick up the foot point and then flex. Repeat a few times. Then pick up the foot and put it back in the neutral position. Switch sides. Shift weight to the right leg. Kick forward with the left foot. Heel, toe, heel toe and repeat. Next, pick up the foot and put it back. Switch sides again, however this time, as you shift weight to the left leg and kick forward with the right foot, you are going to rotate the foot. First touch the small toe, twist, then touch the big toe. Repeat. Depending on your balance you can place the foot straight in front or at a 45 degrees angle. Switch sides. Shift weight to the right leg. Kick with the left foot and touch little toe then big toe. Repeat.

...transitional move. Shake arms, hands, legs and feet. If you're sitting down, move your feet closer to the chair and point both feet down. Feel the stretch and then relax.

17. Improve Circulation

Lift your knee up and hit it lightly with your left fist, then put it down. Lift the right knee up and hit it with your right fist, then put it down. Switch and repeat. Then with both feet on the ground, hit the back of the legs down to your feet and then up. Finally walk in place. Relax and rest.

18. Mini Form – Basic Six Movements

Place in a 45 degrees angle, heels touching. **Gather Clean Energy**

Commencement: Imagine holding a big ball of energy, pick it up, bring up in front of your heart. Shift to your right and step out with your left foot. Shift to the left as you roll that ball of energy out all the way down. Next, pick up the right foot and place it shoulder width distance from the left. Bring the energy ball up and back down in front of your heart. Open and close.

Single Whip and Cloud Hands: Shift weight to the left leg. Step forward with your right foot. Hold the ball and press it forward, then expand it (separate the arms) as you shift weight to the right leg. Shift to the left leg, turning left. Pick up the right foot and place it parallel to the left. At the same time lower the left hand and raise the right hand. Shift to the right leg as you turn your torso to the right side (1) keeping the right hand high and the left hand low. Step with the left foot to the right as you switch the hands. Turn and shift left. Step with the right foot to the right. Switch the hands, then shift and turn to the right (2). Step right with your left foot. Switch hands. Shift and turn left. Step right with the right foot. Switch the hands. Turn and shift right (3), step right with the left foot. Finally bring the hands back in front of your heart. Your feet are at 50/50. Finish the movement with open and close.

Repeat on the left side. Shift weight to the right leg. Step forward with your left foot, press the energy ball forward, turn and expand (separate the arms). Bring the left foot in parallel to the right. Right hand is high, left hand is low. Switch the hands. Turn and shift to the left (1). Step to the left with the right foot. Switch hands. Shift and turn right. Step to the left with the left foot. Switch the hands. Shift and turn left (2). Step to the left with the right foot. Switch the hands. Shift and turn right. Step to the left with the left foot. Switch the hands. Shift and turn left (3). Step to the left with the right foot. Finally bring the hands back to the heart. Feet 50/50. Finish with open and close. End with double hands pushing lifting the sternum, hands fall, move back to the neutral position.

...ending move. **Gather Clean Energy.**

© Randal Lau – Lau Shen Kung Fu

[LauRandalBiography.pdf](#)

<https://www.youtube.com/c/LauShenGungFu>