

Tai Chi Prime's Fab Four Basic Moves – used to reinforce daily practice habits. *Basic Moves* provide mid-to high-level balance challenge by: 1) moving the center of mass over the base of support in multiple directions, 2) reducing the base of support from double limb to single limb stance and 3) decreasing the need for upper limb support in standing (Sherrington et al, 2017).

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| <p>Centering in the Horse Stance: Used to establish mindfulness, proper tai chi postural alignment and diaphragmatic breathing prior to beginning tai chi movements.</p> | <p>Bear Roots on One Leg: Provides lateral weight-shift of the center of mass over the base of support with progression to single leg balance.</p> |
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| <p>Tai Chi Stance: Provides anterior-posterior center of mass weight-shift up to 100% of body weight (BW) in the back leg and 70% BW on the front leg.</p> | <p>High Step: Provides for training in single leg balance with progression from double- to single-limb support.</p> |
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NOTE: All of the *Fab Four Basic Moves* may be performed with optional side support (OSS) via placing one of both upper extremities on a supporting surface (e.g. chair, walker).