

TAIJI HEALTH BUILDING EXERCISES

(Taiji Yang Shen Gong)

Step by Step Workout

1st Level – Body Relaxing & Warming Up Exercise (song shen nuan shen yun dong)

Start by standing straight and inhale and exhale (3T)

Head Exercise (tou bu yun dong)

1. Tilt head up and down (shang xia tai tou) – stand straight with hands down, palms facing down with fingers pointing horizontally in front; inhale when head tilts backwards and exhale when head tilts downwards (10T)
2. Rotate head from left to right (zuo you zhuan quan) – face down to exhale and rotate head from left to right (3T) and from right to left (3T)
3. Tilt head to the left and right (zuo kao you kao) – tilt head to the left and then to the right (10T)

Shoulders & Hands Exercise (jian/shou bu yun dong)

1. Turn elbows (qian hou zhuan quan) – with palms resting on shoulders turn elbows forward and backward (10T each)
2. Stretch chest (la xiong) – with fists clenched in front of chest stretch out hands backward and then forward (10T)
3. Flap palms in front (shang xia pai) – hands stretch out in front horizontally with palms facing down, flap palms up and down (10T)
4. Flap palms in and out (dui pai) – hands remain stretch out in front horizontally with palms facing each other, flap palms in and out (10T)
5. Flap palms left and right side of body (zuo you shang xia pai) – hands stretch out by the side of the body horizontally with palms facing down, flap palms up and down (10T)
6. Wrists twisting (xiang qian xiang hou zhuan shou) – hands remain stretch out by the side of the body horizontally and with cupped palms twist wrists anti-clockwise (10T) and clockwise (10T)

Waist Exercise (yao bu yun dong)

1. Bend waist forward and backward (qian hou wan yao) – hands stretch upwards with fingers pointing to the sky, bend down and exhale, lift hands up bend backwards and inhale (10T)
2. Bend waist left and right (zuo you wan yao) – left hand holding right palm bend waist to the left; right hand holding left palm bend waist to the right (10T)
3. Twist waist left and right (zuo you zhuan yao) – twist waist to the left (10T) and then to the right (10T)
4. Turn waist left and right (zuo you hou wan yao) – turn waist to the left and stretch far back (10T); then turn waist to the right and stretch far back (10T)

Leg Exercise (tui bu yun dong)

1. Front kick left and right (zuo you qian ti jiao) (10T)
2. Side strike left and right (zuo you bian pai jiao) (10T)
3. Back kick left and right (zuo you hou ti jiao) (10T)

4. Squat down and stand up (sia zhun shang ti) – exhale when squatting down with open palms and inhale when standing up holding fists (10T)
5. Stand normal, inhale and exhale 3 times

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2nd Level – Taiji Warming Up Exercise (Taiji Re Shen Fa)

1. Hands swing left and right (zuo you shuai shou) – stand astride, swing left hand to the right pivoting on left foot; then swing right hand to the left pivoting on right foot (20T)
2. Bear waist (xiong jing) – stand astride with palms facing each other like holding a ball, turn waist to the left pivoting on left foot; then to the right pivoting on right foot (10T)
3. Bird stretch (niao shen) – stand normal with bent knees, lift left leg and stretch out with toes pointing in; then repeat with the right leg (10T)
4. Leg shaking and waist twisting (tan tui niu yao) – hands behind resting on waist and twist waist (100T)
5. Hands swinging up & down (shang xia shuai shou) – stand normal, bend knees twice with both hands clasped together touching the back of the neck; swing hands by the sides when standing up (20T)
6. Cloud hands left & right (zuo you yun shou) – stand astride, raise left hand with palm facing the body and right palm facing up below the left palm; turn waist to the left pivoting on left foot; change hands position and turn waist to the right pivoting on right foot (10T)
7. Turn back push away monkey (dao lian hou) – horse pose (ma bu zhan zhuang), left hand stretch out in front while right hand stretch out behind; inhale when head and waist turning left, left hand moves down behind and right hand moves up in front; draw left hand to the front and stretch out while right hand moves down behind (10T)
8. White snake protruding tongue (bai she du xin) – right fist facing up in front of the nose, left fist by the side of waist facing down; twist waist and exchange position of right and left hands (10T)
9. Groping sparrow's tail (lan que wei) – right palm facing down in front at nose level whereas left palm drop by the side facing down; twist waist and exchange position of right and left hands (10T)
10. Left & right L-shaped hands (zhou you li shou) – right palm facing the face and left palm facing the stomach; turn left change position of hands, turn right change position of hands (10T)
11. Stand normal, inhale and exhale 3 times

3rd Level – Taiji Health Building Exercise (Taiji Yang Shen Fa)

1. Body relaxing exercise (song shen fa)
 - (a) hands swinging from front to back (qian hou dang shou) – horse pose (ma bu zhan zhuang), inhale while raising palms facing down at shoulder level, exhale while dropping palms by the side (10T)
 - (b) left and right parallel hands (zhou you li shou) - hands parallel on the right moving upwards to the left and vice versa (10T)
2. Stretching exercise (shen zhan yun dong)
 - (a) eagle spreading wings (da diao zhan qi) – stand normal, inhale while raising hands and heels, exhale while bending waist with palms facing up (10T)
 - (b) bear crouching & stretching waist (xiong bu shen yao) – right leg steps forward, hands stretch straight upwards with palms facing each other; bend forward to exhale; then straighten the body with palms facing front inhale and bend backwards
3. Spine exercise (bei ji yun dong)

- (a) turn body and look back (zhuan shen hou wang) – horse pose (ma bu zhan zhuang), raise both hands parallel from the right side of the body slanting up to the left side behind and while turning waist to the left inhale; then when hands are slanting down to the left side of the body exhale (10T)
- (b) turn waist to the left and right (ma bu yun shou) – horse pose(ma bu zhan zhuang), left hand at waist level, right hand at chest level and with palms facing each other, turn from left to right and exhale; then hands change position, inhale and turn from right to left (10T)

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- 4. Balancing (ping heng yun dong)
 - (a) rooster on one leg (jin ji tu li) – stand normal with bent knees, while raising right hand and right leg, inhale; while putting down right hand and leg, exhale; repeat with the left leg and hand (10T)
 - (b) separate hands and kick sideways (fen shou che ti) – stand normal with bent knees, lift right leg, cross hands at chest with palms facing inwards; then as palms turn to face outwards make a right kick (10T); repeat with the left leg (10T)
- 5. Muscle exercise (ji li yun dong)
 - (a) front push back return (qian an hou shou) – right leg step forward, hands stretch out and with palms facing front exhale; then while withdrawing palms holding fists to the waist, sit back and inhale (10T)
 - (b) carry tiger over the hill (bao hu gui shan) – horse pose (ma bu zhan zhuang), palms facing up in front at stomach level, inhale and raise both hands above head, turn palms facing up; then as you withdraw the hands downwards with palms turn facing down exhale (10T)
- 6. Stand normal, inhale and exhale 3 times

4th Level – Harnessing Qi (Cai Qi), Building Up Qi (Yang Qi), Exercising Qi (Lian Qi), Keeping Qi (Shou Qi)

Horse pose (ma bu zhan zhuang)

- 1. Harnessing qi (cai qi) – hands stretch out in front with palms facing down parallel at chest-stomach level; deep breathing in and out for one minute
- 2. Building up qi (cai qi yang qi) – palms apart both facing chest-stomach level as if holding a ball, deep breathing in and out for one minute
- 3. Exercising qi (lian chi) – palms facing each other at chest level, circling clockwise (10T) then anti-clockwise (10T)
- 4. Exercising qi (lian chi) – hands stretch out in front palms facing each other at chest level, pull palms apart horizontally and inhale, then move palms close together horizontally and exhale (10)
- 5. Exercising qi (lian qi) – palms facing each other at chest level making circling movements clockwise breathing naturally (10T)
- 6. Exercise qi (lian qi) – clasped hands together at chest level with fingers pointing upwards breathing naturally for one minute
- 7. Keeping qi (shou qi) – palms overlapped gently pressing the stomach; deep breathing for one minute; bend forward and exhale with hands dropping down, palms facing up, then as body straighten up inhale until the hands raise straight up with fingers pointing upwards

5th Level – End of Exercise

Stand normal, inhale and exhale three times. Massage different parts of the body. Relax the hands, legs and body. End of exercise.

TAIJI HEALTH BUILDING EXERCISES (Taiji Yang Shen Gong)

Taiji Health Building Exercise comes in two forms: standing form is for normal people while sitting form is for those who are handicapped.

There are 5 levels in Taiji Health Building Exercise.

1st Level – Body relaxing and warming up: relax from head to feet, body warming up from head, neck, shoulders, waist, legs, etc.

2nd Level – Taiji body warming up exercise; hands swing to left and right (zuo you shuai shou), bear waist (xiong jing), bird stretch (niao shen); leg shaking and waist twisting (tan tui niu yao), hands swinging up & down (shang xia shuai shou), cloud hands left & right (zuo you yun shou), turn back push away monkey (dao lian hou), white snake protruding tongue (bai she du xin), groping sparrow's tail (lan que wei), left and right L-shaped hands (zuo you li shou)

3rd Level – There are 5 types of exercises:

- i. Body relaxing exercise (song shen fa)
 - a) hands swinging from front and back (qian hou dang shou)
Healing: Asthma, Bronchitis, High Blood Pressure, Arthritis (Shoulders)
 - b) left & right parallel hands (zuo you li shou)
Healing: Arthritis (Shoulders) at the age of 50, Renal diseases, Waist & back pain, strengthening limb muscles, Fortifying heart & lungs
- ii. Stretching exercise (shan zhan yun dong)
 - (a) Eagle spreading wings (da diao zhan qi)
Healing: Renal diseases, bronchitis, Asthma, Prevention of osteoporosis, strengthening limb muscles, improving respiratory & blood circulation systems
 - (b) Bear crouching & stretching waist (xiong bu shen yao)
Healing: Renal diseases, Diabetes, Waist & back pain
- iii. Spine exercise (bei ji yun dong)
 - (a) Turn body & look back (zhuan shen hou wang)
Healing: Strengthening spine & stomach muscles, Reducing back pain, Improving respiratory systems, Reducing body weight

(b) Horse pose & cloud hands (ma bu yun shou)
Healing: Dyspepsia/Indigestion, Erectile dysfunction, Dysautonomia

iv. Balancing exercise (ping heng yun dong)

(a) Golden rooster on one leg (jin ji du li)
Healing: Improving balancing skill, Neurasthenia, Insomnia

(b) Separate hands and kick sideways (fen shou che ti)
Healing: Dizziness, Headache, Shoulder & muscle pain, Strengthening heart & lungs

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v. Muscle exercise (ji li yun dong)

(a) Front push & return back (qian an hou shou)
Healing: Strengthening tendons & muscles, Tuberculosis, Strengthening heart & lungs

(b) Carry tiger over the hill (bao hu gui shan)
Healing: Shoulder arthritis at the age of 50, High blood pressure, Heart diseases, Strengthening tendons of limbs

4th Level – Building up Qigong (yang qigong), Standing Pose Static Qigong (zhan zhuang qigong), Active Qigong (dong gong), Method of Exercising Qigong (lian qi fa): Standing Chan (zhan chan) or Sitting Chan (zhuo chan)
[harnessing qi (cai qi), exercising qi (lian qi), bringing up qi (yang qi), keeping qi (shou qi)]

5th Level - Bringing up qi (yang qi), Breathing (hu xi), Massaging (an mo), keeping qi (shou qi)