



## **Croley's Martial Arts Center, Inc.**

The White Oak School

***Building Black Belt Leaders***

169 Charlotte St. Asheville NC 28801

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### ***Tai Chi Practice Reference***

*Treat all of these exercises as meditations- melt into the posture while maintaining alignment.*

#### ***Exercise 1: Wuji***

*Use this to develop body alignment. Check all posture points, check your figure eight, and get your shoulders into your body.*

#### ***Exercise 2: Wave Hands***

*Use this to work on abdominal breathing and to use all of your body's rotational points together.*

#### ***Exercise 3: Standing Pole (Zhen Zhuan)***

*This is the same as Wuji except that you hold your hands up in front to build upper body structure. Work on your central pillar as well.*

#### ***Exercise 4: Dancing Bear***

*Use this to work on rotating around your central axis and shifting your weight.*

#### ***Exercise 5: Primordial Chi Gung***

*From Liu He Ba Fa. Use this to work on moving chi, coordinating your breathing with body movement, coordinating your upper and lower body, and developing the five elemental bands (earth, water, fire, air, ether).*

- 1. Wave hands up and down.*
- 2. Bring hands up your center line, hold them over your head with palms extended.*
- 3. Wipe hands down your face, open to the left.*
- 4. Wipe hands down your face, open to the right.*
- 5. Wipe hands down your face, open both hands out.*
- 6. Wipe hands down your face, push both hands down in front.*
- 7. Wipe hands down your face, push hands down to sides.*
- 8. Wipe hands down your face, push hands behind you.*
- 9. Wipe hands down your face, push hands to the front.*
- 10. Wipe hands down your face, bring both hands down over your belly.*

***For more information please go to [www.CroleysMartialArts.com](http://www.CroleysMartialArts.com).***