

Tai Chi for Strength and Balance Movements

By developing an awareness of what is being trained (such as controlling the center of gravity in a forward leaning posture) we can affect a greater outcome. By recognizing which muscle groups should be engaged in each of the movements students can strive to recruit the proper muscle groups for the execution of individual movements thereby strengthening the desired muscle group as well as training the mind to stay focused.

Focused attention as you execute each movement allows for a real transformation of habits, turning what may have been dysfunctional movement patterns into strong, balanced movements. That is why it is so important to take a few minutes to clear the practice area and clear your mind before your exercise practice of the form. The form only takes a few minutes to complete and should be practiced on a daily basis for maximum results.

Below are the instructions for some of the key movements in the Tai Chi for Strength and Balance form.

Neuromuscular Coordination and Strength Conditioning

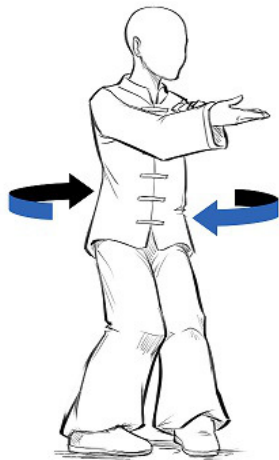
Opening Movement

- 1) Forward Weight shift out of BOS (Base of Support)
- 2) Re-establish Center of Gravity



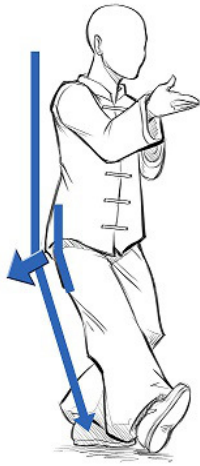
Moving into Leisurely Tying the Coat

- 1) Controlling Balance while changing direction



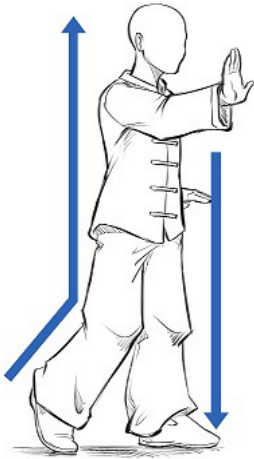
Leisurely Tying Coat

- 1) Co-ordinated body movement along a straight line
- 2) Co-ordinated flexion and extension
- 3) Maximizing force by utilizing gravitational force (when we coordinate movement and maintain structural integrity the result is an increase in forceful movements)



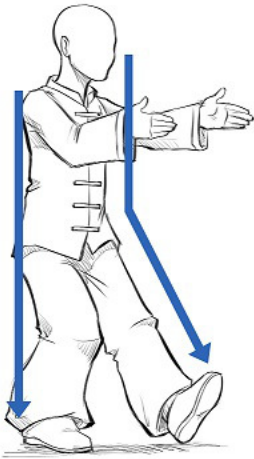
Brush Knee

- 1) Maximizing power and maintaining balance while changing direction 90 degrees or more (synergistic body movement)



Play Guitar

- 1) Backwards movement while maintain balance and structural integrity
- 2) Co-ordinated backwards movement including hip, knee and ankle flexion



Parry Movements

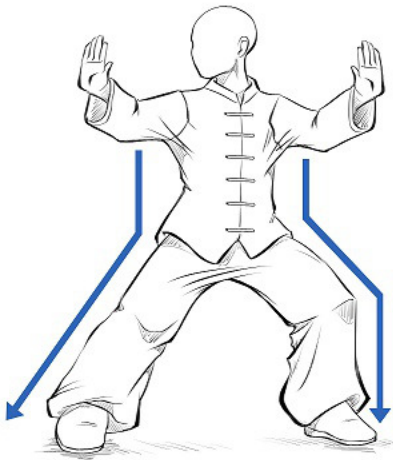
- 1) Mechanical structure aligning hip, knee, ankle
- 2) Emphasis the roll-through phase of the gait cycle

- 3) Emphasis External hip rotation and hip extension increase strength and range of motion in the hip joint



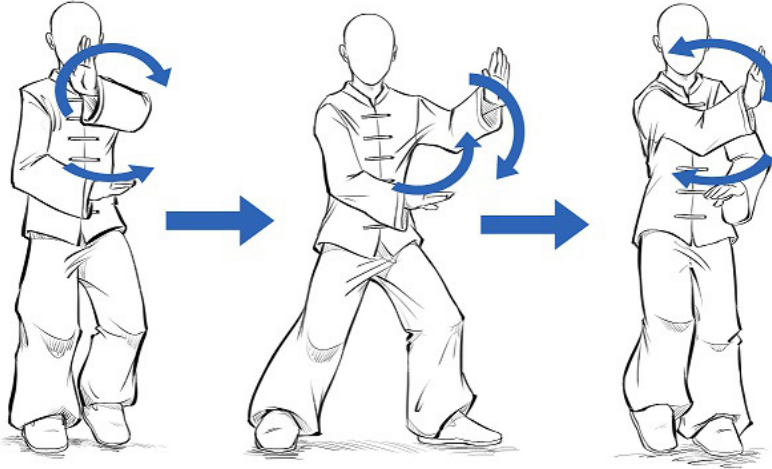
Single Whip

- 1) Shift weight away from line of vision (helps to strengthen the vestibular system)
- 2) Lateral weight shift into single leg stance
- 3) Increased range of motion in the hip joint



Wave Hands Like Clouds

- 1) Repetitive lateral stepping into single leg stance (helps to strengthen the muscles supporting the hip joint)
- 2) Coordinated movement strengthens the neuromuscular system



High Pat the Horse

- 1) Backward movement while maintain structural integrity, coordinated movement

