

DAOYIN HEALTH SOCIETY
CLASS NOTES: *DAOYIN FOR SENIOR HEALTH AND WELLNESS*
FUNDED BY A GRANT FROM THE DANA HOME FOUNDATION FOR 2016
IN PARTNERSHIP WITH LEXINGTON COMMUNITY CENTER AND LEXINGTON SENIOR SERVICES

1st class - 9.10.16

Daoyin Action - 3 basic principles
Relax - Shrink and Stretch (spine)
Open and close
Abdominal breathing from the diaphragm

The exercises appear to be easy, but the basic principles are difficult.

Warm-up

Head turn/torso twist
Turning the head to the left at least 45 degrees
Put hand on opposite shoulder and twist upper body
Hold
Repeat on other side

Turning the head can cause dizziness and/or vertigo. Don't just turn head to the side but be sure to turn whole upper torso and put opposite hand on opposite shoulder. This stretches the entire back and trapezius.

Keep your elbow up and the other arm down at a 25 degree angle.

Neck warm-up

Head forward, chin down
Head forward, hands clasped - resist
Head back - lift chin*
Head back drop palms - hand clasped behind
Put hands on hip and lean torso back, not just head, if you have neck problems C4 or C5

Shoulder Warm-up

Roll shoulders back with arms out
Roll shoulders back with arms to side

Hip Warm-up

Circle hips, hands on hip

Knee and hip warm-up

Circle knees, rotate hip and foot also at the same time

2nd Class - 9.17.16

Qi Gong (with Dr. Hannah)

Video online is at 1:54 Daoyin-Qigong-Video

Holding the Ball

Open chest with hands out

Feet shoulder width and parallel

Bend knees, palms facing and breathe in

Breathe out bend knees and lower

Keep your shoulders back and down - this is not an arm exercise

Shoulders expand with the movement

Benefit of training the chest to open and close is to let more oxygen in. Use abdominal breath.

ROOSTER

Front and side views of this exercise is at 3:12 of Daoyin-Qigong-Video online

Feet shoulder width

Palms face down - push down and back using wrists, keeping palms at waist level

Arms go back; push neck and stretch up

Feel the stretch/tension on shoulder blades

Stretch and breathe in, bend and relax

Relax chin and keep head level

Relax your diaphragm and let it push up. Don't use the muscle. Increase the range of motion of the diaphragm. Gain 40% through aerobic training of the diaphragm. The pelvic tilt lets the diaphragm expand downwards and air massage to inner organs. The diaphragm has the largest distribution of nerves that link to the liver. Blood pressure goes down. Expands the parasympathetic nerve tone.

As Dr. Liu says, if you are angry and about to have a fight with a spouse or loved one, first do abdominal breathing to relax and then fight! Only fight for fun!

Daoyin Dance

Weave arms side to side, making a figure eight

Walk toe first, arms swing to opposite side.

3rd Class - 9.24.16

Pelvic tilt - breathe and tuck pelvis under. Move slowly, your breath leads the movement.

Warm up

3 Joint Circles - knee leads the movement. Rotate ankle, knee and hip in slow circles. Rotate in opposite direction. Repeat on other side in one direction a few times and then the opposite

direction. Hands on hips.

Hip Circles - Feet shoulder width apart. Put 1 leg forward, lining up the back of forward foot with the front of the foot in back. Make circles with your hips. Hands on hips. Switch legs and repeat on other side.

Head / Torso Turn -

Keep yourself upright. Imagine a thread through the top of your head going up.

Where is your mind focusing? Diaphragm breath - diaphragm goes up and the mind focuses on Dantian. Your energy center or energy generator that is just below your navel. This is the mind-body connection.

Breathe out and shrink/contract

Breathe in and stretch/expand

Easy to see but not easy to do!

Pelvic tilt - your hip bone will naturally tilt. Remember the Michael Jackson hip thrust! This is the basic motion of the pelvic tilt.

Tailbone tends to go back and create a lot of space in the front, creating a narrowing in the spine. Many people get a big belly as they age as a result. This is not a structural narrowing, but a functional narrowing.

Dr. Liu's demonstration with Tai Chi teacher. As she stands with her arms stretched out in front of her, Dr. Liu tries to push her arms but does not have a lot of strength. But when he bends his knees and does the pelvic tilt and does it again, he has much more strength and can successfully push her arms away. All the Qi/chi (pronounced "chee") flows together and all the chi integrates.

Pelvic tilt breath

Lower muscles are tight and upper body is as loose as possible.

Sympathetic nervous system - Yan - nervous

Parasympathetic nervous system - Yin - calm

When the sympathetic nervous system dominates, illness occurs. For health and happiness, you must balance the 2 nervous systems. How do you do this? By stretching. The most number of nerve endings are in the diaphragm. When 1 type of nervous system goes up, the other side automatically goes down.

Inhale - enhances the sympathetic nervous system.

Exhale - enhances the parasympathetic nervous system

Inhale - the diaphragm goes down and pushes air into the abdomen

Exhale - the diaphragm goes down and pushes air out of the abdomen

If you pay attention and focus your mind on your dantian, your abdomen goes even lower. The longer you exhale the more you stimulate the parasympathetic nervous system.

Qi/chi Hannah:

Rooster

Arms straight. Use palms to push the spine down. Hands flat and parallel to the floor. Stand tall and stretch your knees.

Relax! The body shape is like a shrimp - cooked shrimp! But the spine is not collapsed. Don't overcook the shrimp!

Spinal Percussion

Think of the small Chinese toy drum. As it twists, the strings spin around it without any effort. All the energy is from the handle. Likewise, all your energy comes from your feet and knees and goes to the hip.

Bend your knees and go down and up. Turn your pelvis. Opposite foot will rise up. Hit your body on the up position.

Your shoulders are down and your body is straight.

Points to hit:

L5 lower back

T7 mid back - digestion

C7 upper back

Use your hips, not your waist or you can hurt your back. Most lower back problems are from the hip. Relax the hips and you will release your lower back and relieve the pain.

Use the momentum of your body, not your arms. Again, think of the drum. Practice with just the arms first.

This is part of a chi exercise. Practice chi breathing first, then up and down twist. Throw your arm over and don't cross in front of your face. Think of shoveling snow.

Exhale on the stretch.

Dr. Liu's demonstration: Stand and put your arm out. Try to reach the other person on the exhale. You will see that you can stretch more.

Tip: If your leg hurts you may feel:

Numbness or tingling - if you feel worse the next day you overdid it

Sore, aches - you are using muscles if the next day you feel better

Other - you are using your knees not your feet. Everything should come from the feet.

You should not feel nerve pain.

Daoyin Dancing:

Pretend there is a curtain in front of you. Try to open the curtain with your hand. As you part the curtain, your arm flows in front of your face.

Cloud hand is a basic movement. Your palm is out. Use your spine and circle your hips.

Hip Circle:

Make an oval over your knee and circle your hips which will take pressure off your knee

4th Class - 10.1.16

Warmup

Walk in place

Hip circles

Keep your back straight and tall. Do the pelvic tilt and make ovals.

Rooster

Your arms open and chest opens up. Breathe in. Your arms are not leading. Do the pelvic tilt and curve your spine.

Spinal Percussion

Fling your arms and twist from the hips. Right arm goes over right shoulder. Left arm goes over left shoulder.

Variation - Opposite arm hits under opposite arm. The armpit is the heart point. Pound! Hit!
Lift your arm - your elbow should be at highest point.

Holding Ball

Video Daoyin Tutorial

Feet shoulder width apart. Put 1 leg forward, lining up the back of forward foot with the front of the foot in back. Bend the back knee. Come down and forward - don't lean forward!

Hold the ball and make circles, with one hand on top of the ball and one hand under. Then fluidly switch hands as you move to the back. Your hips are doing a figure eight as you shift your weight. Go back as far as you can and then switch 1 hand to the top and the other hand to the bottom of the ball. Never have straight arms, always a curve. (This is due to the roots of Tai Chi, which was martial arts training. If your arm is straight it is easier for your opponent to hurt you.)

Modification: If it is too hard, don't shift your weight. Slowly twist your upper back.

5th Class - 10.8.16

Warm-up

Walk in place.

Kneecap massage

Push your kneecaps down and rub. Bend your knees and come up and down to prepare your knees for the exercise.

New warm-up

1 leg in front and 1 leg in back. Your hip goes front and back. Keep the back leg straight. Your hips lead the movement, not your hands. Feel a pull in the groin.

Rooster

Squeeze your shoulder blades. Focus on your spine as you breathe out. All the fluid goes up the spine. Stretch the spine up as if you are growing taller. Think of your spine as a fountain.

Head / Torso Turn

Hand on opposite shoulder. Keep your elbow at shoulder level. Focus on the spine twisting. 5 x on each side, then switch sides.

Shovel Snow

Throw one arm the same shoulder. Stretch your spine. Elbow faces the sky. Rotate hip but don't send your body left to right. Turn your head 30 degrees.

Groin Hit

Contract - push your hips forward and bend your knees and throw your arms up. As your arms fall down let them naturally hit groin. Hit your groin with loose fists. Breathe out as you hit.

Tip: The groin area is a detox gate that flushes toxins out of the body. Often there are enlarged lymph nodes here. This exercise will help detox.

Buddha Posture

Video online is at 9:15 Daoyin-Qigong-Video

Part 1

Arms out wide with palms up, bring your arms up over your head, then lower them in front of you to Buddha pose. Then stretch your arms up over your head as much as you can. Lower hands and then raise again over your head 3 times.

Part 2

Bring your hands together in front of your chest in prayer position to show calm and respect. Use your back and chest to push against Buddha hands and push them away from your body.

With your abdomen in, do the pelvic tilt. Push out and breathe out. Bend knees as you push out. Then return to standing with arms back in Buddha pose. Make a noise as long as possible as you breathe out. Repeat 3 times.

Tip: A vowel sound has a low frequency which has a healing vibration. Dr. Liu will ask his cancer patients to do this. Each cell and tissue has a biological vibration which creates an energy field, and electromagnetic field. To bring the frequency back, use a low frequency sound. You should feel the vibration.

Tip: Put one hand on your chest and one hand on your diaphragm. Notice where your vibration is the strongest.

Tip: The pelvic tilt opens up the spine and vertebrae.

Hold the Ball with Cloud hands

Feet shoulder width apart. Put 1 leg forward, lining up the back of forward foot with the front of the foot in back. Bend the back knee. Come down and forward - don't lean forward!

Alternate left and right. Hold the ball and turn.

Relax shoulders. (If you raise your shoulders then the whole body tenses.) Elbow drops down but wrist stays up. Your eyes follow your middle finger.

Note: This movement incorporates 70% of tai chi.

Tip: Why is tai chi slow and martial arts fast? Breathing. You must learn to breathe slowly. This allows you to bring your mind and body together. Tai chi trains your breathing. People practice tai chi for 10 years and never learn the tai chi breathing and energy.

Feet shoulder width apart. Put 1 leg forward, lining up the back of forward foot with the front of the foot in back. Bend the back knee. Come down and forward - don't lean forward!

Pair work

Hand-to-hand resistance practice. Integrate your whole body energy through the spine. Practice with a friend or with a pole at home. Don't use your upper body muscles! Focus on your dantian and lead with your hips. This is not no-chi tai chi!

6th Class - 10-15-16

Breathing with Ball

Use chest to open arms, not arms

Percussion

Stretch spine up as you stand up. Relax your body!

New this week:

Try this first, before adding in arms:

Bend your knees, curve spine and relax. Stand and stretch spine, keeping chin up. This force allows you to reach your arms up. Arms should be loose.

Hit C7. To find it, bend head down. The 1st, highest spot is C7.

Curve hand/fingertips and knock on C7. Breathe in 1st. Add 'hey' sound and breathe out as you hit, so Chi/QI will come up. The sound is not from the throat but from the Dantian (below the navel). Links mind, action and body together.

Percussion - groin

Chi needs to go through the kidney, liver and spleen area. Flushes out gut and toxins.

Remember the pelvic tilt. Say "hey" as you hit.

Preparation: rotate hips, turn and twist, bend knee, feet follow.

New this week

Variation: hit one side at a time; 1 arm up and 1 arm down. Go down and up and hit the same side groin with a loose fist.

As you twist to the other side, hit that side and rotate your hip to the inside.

This hip action is good for those with lower back pain, which often originates in the hip.

The hip is the foundation of the spine. Think of an upside down 'T' shape. 1
the spine will curve in order to keep the head straight up, and as a result, discs will shoot to the side.

Try just hands on hips, turning the pelvis first, side to side, before adding in arms.

Neck stretches

Teens 17 to 20 years old are often at the computer or do homework on the floor. As a result their chins jut out.

What helps? Spinal percussion that throws arm over shoulder. As you lift your arm, you stretch your side. Also, the following exercise.

New this week:

Chin Circles

Breathe in at the top. Keep your chin tucked all the way up to the top.

Don't shrug your shoulders.

Tip: Stand against the wall. Good posture has the chin tucked.

Then stick your neck out like a giraffe. Keep your chest up and draw a circle in front of you with your chin. Next make a wave motion with your body.

Tip: avoid dizziness by starting force with Dantian. Starting with the chin makes you short of breath. The neck comes last, follows hips and wave.

Tip: your spine is like route 95/128, linking many small roads together. If there is a traffic jam,

you will get a headache/dizziness because 95/128 is blocked. If you loosen your spine, you won't be blocked.

New this week

Rolling ball forward

3 Tai Chi principles merged into 1 in this exercise:

Circle, Cloud hands, Twist/Spiral

Palms face you and alternate. But it's not that simple - or it would put Dr. Liu out of a job!

Sink down and straighten up. Relax and stretch. Breathe in at the top. Elbow goes up your side to your arm and back before going forward. Hand goes up side to armpit. Elbow goes almost to shoulder level.

Tip: same shrimp action as Buddha pose. Push the middle of your back outward and curve your spine. Use force from Dantian. Remember the force demonstration!

Crunch down, arms relaxed, and follow chi.

Arms are rounded, and move forward but don't cross the middle line (to the other side of the body!) Right arm stays in front of you on right side.

Relax your body and don't use your muscles; move force when muscles are relaxed.

Push back when your arm is in front and the whole body is round. Remember the pelvic tilt.

As you move your shoulder forward, try isolating your arm and move it forward from the middle of your back. Stand and move it forward from the middle of the back. Use your body, not your arm or hand. Crunch down and then stretch.

Usually we meet stress and the first reaction is for your muscles to tighten. This response is from evolution as we had to run to escape. But human beings with our advanced brains can use our minds to relax our muscles.

So, as you continue, relax your muscles and focus on your chi. This is good for your heart rate and your blood pressure.

Example of a patient whose blood pressure was 165/103 when he entered the doctor's office apparently from a stressful situation. Dr. Liu got him to do this chi breathing exercise 10 times and his blood pressure went down to 132. This is good for temporarily raised blood pressure and, with training, to avoid or lessen medication.

The Taichi symbol is a circle. Stars and cells are rounded, DNA is a spiral, energy and life is rounded.

Daoyin Dance

This is a spiral exercise, like a fountain. Crunch and stretch.

7th Class - 10.22.16

There are 5 elements to each class and each exercise fits into one of these categories.

Daoyin

Taichi

Qigong

Percussion

Dancing

Warm-up

Walk in place

3 Joint movement

Rub knees and bend

Rock w bent knees then reach to the sky on tip toes

Hip roll

Turn head to side with hand on opposite shoulder. Lift elbows so they don't drop. This lift squeezes the shoulder muscle so the shoulder relaxes.

Rooster- Stretch w palms flat behind you. Don't lift your chin.

PERCUSSION

Lower back, middle back, neck, groin. Remember the pelvic tilt with groin hit.

If knees hurt with rotation, you are twisting your knee too much. Rotate your hips more to reduce pressure on the knee.

Percussion is driven by the hips. Keep your spine tall and stretch up.

This is the foundation of and most important action in Daoyin. It is 50% of Daoyin.

Tip for groin percussion: the hip meets the fist, not the other way around.

Qigong

Basic movement is the pelvic tilt.

Holding Ball

The shrimp pelvic tilt.

Relax shoulders down.

Shrink abdomen.

Use your muscles as little as possible.

Curve arms

Buddha Pose

Breathe out and feel the vibration in your esophagus

Mind goes to Dantian to gain
Concentration
Power
Energy
Daoyin Taichi

Basic Taichi has 24 movements and Dr. Liu has broken this down.

Circle Arms

1 foot in front of the other. Alternate arms in front, not crossing the midline. Use your shoulders and draw small circles. This focuses on shoulder blade movement and spinal movement. Breathe out as you go forward.

Benefits of the 3 elements:

Circle movement

Cloud hands

Spiral movement

Circle motion is good for problems with the shoulder and chest and for flushing the lymph system.

Spinal twist is like the hinge of a door. The hip rotation leads the circle. It brings the mind and body together as it stretches the hip.

Relax your neck and increase circulation to avoid stiffness. Relax your shoulders also.

Remember the resistance demonstration with Laura, the Taichi teacher. The center of your power is the Dantian and the focus of the mind-body connection. Dantian is the energy generator and Daoyin Taichi is “energy center training. “

Arm and hand twist

Put your arms out straight in front of you. Twist the hands and arms in opposite directions, so both palms face out. Twist in opposite directions, back and forth.
If you feel confused, that's alright!

This is good for repetitive strain symptoms from using the computer, etc. anything you do that keeps your muscles in the same position for a period of time. Best way to treat tennis elbow and rotator cuff issues.

There are 5 levels to this twist. Start with level 1 and stay on the level that you are able to do while maintaining proper form. You don't have to do level 5!

Arms out and twist in opposite directions, palms out.

Use your shoulder blades - open your shoulder blades as you twist arms

Alternate arms, and bring one side back to waist each time. Not a motion you do in daily life.

Reach to sides and use hips

Bend knees, come up and lift as shoulder twists

Muscles have a yang and a yin side. Try to find a balance between yin and yang.

At home start with an easy level. Isolate the upper body and practice arm twist. Then add in the lower body movement.

If your back hurts, do smaller movements and open your hips. Rotate your hips, don't just twist. By rotating your hips, you rebalance your body.

If you rotate 45 degrees on your heel, your hips will be looser and you can move your feet less

Modification-

Bridge. Hips rotate and hands twist to the front. Go slowly and start with level 1.

Gong fu - repeated long term practice to integrate the body and mind.

Daoyin Dancing

Hand movement added in - Elbow to opposite knee. Lead with elbow, not hand, as this opens the shoulder blades.

Foot motion- as if you are extinguishing a cigarette with your toe.

8th Class - Annie Liu 11.5.16

Annie followed Dr. Liu for 4 years and has benefited from Daoyin. She will teach 8 sessions. Today she focused on 3 parts: warm up, Daoyin Qi (basic practice and Buddha) and percussion. Please direct any technical questions to Dr. Liu.

Warm up and Basic Qi Practice

1. Feet shoulder width apart with small pelvic tilt. Gently rotate hip going forward. Bend knees and come up but don't bend knees too much. Keep hands on front of pelvis.
2. Same as above but add in arms. Keep basic stance with bent knees and pelvic tilt. Lift arms up and down gently one at a time, like a waterfall. Then try moving both arms up and down together, slowly and gently.

Tip - when you bend knees only bend as small as possible. Never let your knees go over toes to avoid injury.

As animals, we naturally stand with a small curve in our back. With Daoyin, we keep our back flat, with a slight pelvic tilt. Check your posture in a mirror. Always check your basic posture with each exercise.

3. Combine above with hip movement, making small circles. Use both hands and keep arms in front of you with elbow leading the downward moving. Elbow starts the movement and hands follow. Keep your shoulders down. Get as much air as possible. Feel the cool air going into your head as you expand.

Holding ball done with music.

Go slowly and keep shoulders down. Start in basic stance. As you stand up, your spine should be straight. You should be even taller than you were with bent knees. Shrink and expand. Keep hands in front of you as you imagine yourself holding a ball. Let your arms expand as you rise, but keep them in front of your body.

Dr. Liu says that when most people breathe, the air goes only up to their diaphragm and no further. So we try to get more air into our upper bodies and push more air out.

Everyone is doing a good job with the inhale!

Watch the exhale - your spine should be relaxed, like a cooked shrimp, as Dr. Liu says. All your back muscles should be relaxed. But you are still holding your legs and keeping your leg muscles strong while your torso is relaxed.

Don't use or hunch your shoulders in any of the exercises!

Buddha - Qi Practice

Relax first with knees slightly bent. Cross your arms in front of you, right arm on top. Keep your spine relaxed.

Inhale - open arms to the side and stand up straight. Lift arms out to shoulder with palms facing up. Hands go overhead and palms meet in prayer position. Push up as much as possible but keep shoulders down and relaxed.

Exhale - hands come down in front of you still in prayer position to about forehead

Inhale - and lift hands up again overhead.

Exhale - arms come down to in front of chest and push out, rounding back and keep palms together.

Inhale - and go up overhead again

Exhale- as arms open up and go out to the side. Push arms down and cross in front of you, left arm on top this time.

As you have been standing for a while, stretch and shake out legs slowly one at a time.

Percussion

Start in basic Daoyin posture. Spine and neck are one piece, straight all the way up.

Groin Hit percussion

Hit with sides of fist at crease where legs meet torso.

Raise arms overhead and as you hit hips go forward. Use your body weight! As you go up, you are holding your chi. Then let your arms drop like apples from a tree. Do 8x.

Below the navel percussion

Fists will hit just below the belly button, and at lower back. Front fist will hit with pinky finger side and back fist will hit with thumb side. Arms go out and open to sides and fists alternate hitting front and back as above.

Bend knees and relax. Stand up and look to one side as you twist to that side. Then punch and hold yourself together. When you stand up and punch you get taller, as if a thread is pulling you up from the top of your head.

Always keep shoulders down and relaxed! Don't lead forward! Your body should go straight up and down and your spine is tall.

Hold your chi for a moment as you hit - don't inhale or exhale for just a second.

Knee lift percussion

Arms up then lift one knee. Punch each side of the leg, just above the knee. Stand straight and curve your spine as little as possible.

Hold your chi for a second as you chi, then exhale after the punch.

Hold onto the bar if you cannot keep your balance!

Don't lean back. Straight back and then curve as you hit.

Alternate legs right and then left.

Don't rush; follow your own rhythm.

As you gain strength and balance, you can raise your leg higher.

9th Class - ANNIE 11-12-16

I know you will be happy to hear this story. After class, a woman came up to Annie to tell her how beneficial the class was. B is 80 years old and has had a hip replacement in one hip and is scheduled for another one in the spring. After just one class the pain in her hip is gone and she is so happy that she is going to try to join Annie's Friday class. She repeated that he has been in so much pain and just loved the class.

5 minute warm-up, loosening limbs

QI WARM-UP - Holding a ball

First, look in the mirror. Check that your feet are shoulder width apart and your spine is straight all the way up. Then lean forward a bit.

As you breathe in, blow air as if into the balloon and expand. Don't use your shoulders. Relax and drop your shoulders and use your arm and elbows. But even as you use your arms, keep them relaxed and in front of you.

As you breathe in, stand straight and straighten your knees each time as you expand. Don't keep your knees bent the entire time or else your knees will start to hurt. Bend your knees just a little on the exhale.

As you inhale, your body expands and gets bigger, as you exhale you shrink and get smaller, as if deflating like a balloon.

Continually inhale and exhale. Don't hold your breath! Let your Qi control your breath.

Clear your mind before you begin.

Use your legs! Open your feet on the floor. Touch your thighs - you should be using your muscles.

Push down into the floor and engage your leg muscles. You should be rooted in the ground like a tree. Adjust your back as you push down. Even with bent knees you should feel taller and your back and neck should all connect. Then bring your weight forward a little bit so your weight is in the middle of your feet.

Even with your feet in shoes or when you are walking, you should feel like your entire foot is in contact with the floor.

QI PRACTICE - Buddha

Begin with crossed arms in front of you. Bend knees and relax your shoulders down.

Inhale - Open your arms up, out to the sides, palms facing front.

Exhale - As your arms reach about waist height, open your palms face up and raise them over your head as if you are lifting something heavy. Bring them together overhead in prayer position.

Inhale - as you open up your arms to come down, bend your knees and push your arms a bit behind you.

Exhale - as you stretch up to the top, feet press into the ground and hands reach to the sky.

Repeat, inhaling as your arms go up and exhaling as your arms come down.

Your breath is continual and your Qi moves slowly. Go only as wide as you can with your arms.

Check again - make sure your neck is relaxed. We often hold stress and anxiety in our necks.

Keep your feet strong as you stand.

Tilt your pelvis in and check your back. Your spine is connected to your neck in a straight line.

Move yourself a little forward.

PERCUSSION

1. GROIN

Keep feet shoulder width apart and knees pointing forward. Pelvis is tilted slightly. When you punch, you are bringing your energy down.

2. BELOW NAVEL

The navel is the body's gate. Alternate hands. As you stand tall, bring your energy up and inhale and hold your Qi. Practice bending and standing a few times before punching.

Don't lean forward as you punch. You should feel straighter and taller.

As in Tai Chi, relax left and go powerfully to the right.

3. LEG

This week we are hitting below the knee. First, concentrate on the leg that isn't moving, as it should be strong on the floor. Lift the other leg just a little.

Practice first without percussion. Alternate legs lifting each a little and holding the opposite, standing leg firm.

Lift your knee to the center and your weight will naturally move. Keep your balance!

Don't look down! if you look down you may lose your balance. Keep your eyes straight ahead and look into the mirror.

4. MIDBACK

Use the back of your hand to hit. Alternate hands right and left as you twist. Spiral up, relax and punch.

Do all 4 Percussion exercises in a row, 2 reps each 8x

Repeat basic Qi Practice of holding a ball.

After class, you should feel as if you massaged every muscle. The following day you should feel relaxed without pain or soreness. If you feel pain, do the exercises with smaller, gentler movements. One student said that after class she feels as if she took a nap and woke up rested and energized. You should feel energized after practicing, which is why in China they do Taichi in the morning in the park.