

Day 3 Tai Chi Home Study

This Tai Chi Home Study brings us toward the end of week 2 of our Self Quarantine, I cannot help but remember the many classes we talked about the importance of staying home when were not feeling well, what a turn we have made, now were staying home to make sure we are well.

Our bodies use a lot of internal energy to help us fight things like allergies, Colds, flus, and Viruses. We can help our bodies be well by simply drinking plenty of fluids and eating the right kinds of food. If you put on a little weight, hope its just a little, just remember to eat the right kinds of foods, watch the portions, and keep active around the home front. One way as we have said in the past to be active is Walking....

I woke up today remembering a class I took a few years ago about the benefits of walking, doesn't mean walking fast either, just walking. One benefit that did come to mind was walking boosts the immune system! Keeping busy in many ways from doing house work to taking out the trash helps keep the immune system strong.

REMEMBER WE STAND WE BREATHE!

Another immune system benefit is to stick to your 3 square meals a day, skip the grazing, this helps to keep the metabolism fluctuating, therefore keeping your body working at its best and immune health strong, it may also help with keeping the weight under control too.

FENG SHUI

Today's Feng Shui focus will be on the main entrance of your home, the front door. The outside of the front door as well as the inside of the front door is very important in the science of Feng Shui. The entrance in from the outside and the entrance out from the inside should be clear and open for easy access. Make sure nothing obstructs the opening and closing of the door. This is important from the Feng Shui aspect due to the fact that the front door is like the mouth of the house. It's important what and how we come in and out and that we can do so safely. Another aspect of the Door Science is that when you do walk in the house that first impressions means a lot, not just to your family and friends but also for ourselves. Example imagine having a busy day and walking into your home and the first thing you see as you walk inside is a laundry basket full of clothes, OH MY! Hahahahaha. So today focus on the front door or main entryway you use to enter your house and the first appearance you see when you do!

CHI GONG

We have been getting lots of rain lately which is normal for SPRING, with the spring comes rain to help cleanse and nurture the soil and prepare it for plant growth. The exercises we will be doing in the beginning of our Chi Gong Spring Program will incorporate a healthy Liver/Gallbladder and also some focus on our water element organs like the Bladder, Kidneys.

Still facing eastward the exercise we are going to do today for the water element this time in our bodies, will be to stand tall and make hip circles in a clockwise and counter clockwise movement, This should feel good and if it doesn't then don't do them. Remember to move slowly and fluidly as you do this exercise. As we do our hip rotations or circles remember to try to keep the head neutral and move only the hips. If you want to put your hands on your hips that is fine. You maybe experiencing an achy back with all this moisture from the rain which is

normal, just remember to keep drinking water to help flush the kidneys like the rain flushes the earth, herbal teas and non caffeinated beverages and water are best. If the kidneys dry out were in big trouble just like the earth.

TAI CHI

WE STAND WE BREATHE

Have we been standing and breathing? Mindful focus on breath is a great way to help with stress held in our bodies as well as keeping the blood healthy and balanced, theres that word again balance, it certainly does have a lot to do with a lot of things doesn't it?

Today we will use Balance as an ACTION, "We Stand We Breath" therefore balancing our Mind and Bodies is One ACTION. (So Buddhist isn't it), We have also used the term of ROOTING as BALANCING in our class too.

Our Tai Chi Home Study for today, Saturday March 28th 2020, we will be focus on ROOTING and BALANCING, remember to read it a few times first.

1. Preparation - This is the opening form done in 3 basic movements ... Bamboo which is a **DOUBLE ROOTED**, form with feet approximately 1 inch apart. This is a good form to do to help open up the pressure points located in the bottoms of your feet. We know this as shifting forward and back with out releasing the triple warmer or lower Dan Tien area of the foot off the floor. Bamboo is followed by the Lifting Hands form otherwise known as Preparation when we slowly lift the hands up then back down. The final form is known as The Opening Form where we shift left and lift our hands then take a side step to the right, still facing our 12 o'clock position.
2. Ward off Left ... Shift left and **root left**...turn right with your Center of the torso area or solar plexus then lift the right leg up to turn step now to 3 O'clock position into a **double root**. Remember here to try to touch the heel down first not the ball of the foot for proper form. Practice this a few times before moving on to the next form. After your turn step has been mastered begin to practice shifting into the right hip and **rooting right**, then lift your left leg up turn stepping to the left back to your 12 O'clock position into a **double rooted T step**, The hand movement we do here after both feet are DOUBLE ROOTED in a T STEP is the form we call Combing of the Horses Mane. Left arm lifts up into a block and right hand combs downward to your side.

(Begin the above exercise, forms 1 and 2, and practice them each-day over the weekend) Be safe and STAND STRONG!

3. Grasping of the Birds Tail form (Outward ball left followed by center line ball right at your 3 o'clock position adoring pearls to your farther right position Outward ball again to the left side followed by the GRASPING OF THE BIRDS TAIL FORM AT 3 O'clock again.

4. Roll back and push followed by floating (Pigeon Toe with the right foot) start by sitting back into the left leg around 75 % weight allowing for the pigeon toe turn with the the right foot in toward the left foot to the left to
5. Single - Single Whip right hand in crane beak form. Shift 75 % now left enough to lift the right heel up then turn your chest to the right for the
6. Wide embrace formshift right then turn left heel back then root left. (Rooting left would mean right foot rests next to the left ankle or leg. Side step now out with the right leg bringing the Left hand inside the right elbow blocking to the right side into the
7. Shoulder Strike form.
8. White Crain Stretching Wings form Now shift your weight all the way right bringing the left leg 90 % forward just gently touching the ball of the foot to the floor. Heavenly hands follows here with a brush knee turn step 90% to your left side we know this form as Quan Yin then Brush knee turn left again this time rooting completely left. (This would mean right foot resting next to the left ankle) remember the second brush knee turn step is a 5 minute turn.
9. the second brush knee turn to the left is the 5 minute turn.
10. (DEFLECT ,INTERCEPT AND PUNCH) Sword in Sheath-here we are in our 20 minute turn position. For the first move we begin with hand in the left side position, right fist in left palm, we lift both hands up the left side keeping the elbows for this form down in upper body block form then we lift the right knee up as to turn right this time back or as close as you can to 12 O'clock. Double root as lower right fist to the right hip then shift right releasing the left leg up and bringing it forward to the 12 O'clock position DOUBLE ROOT here and follow by the right hand punch. (WITHDRAWAL AND WIPE OFF) Twist and turn left here opening only the right palm up toward the ceiling.(FINAL CRANE LANDING FORM) begin to shift left finally rooting left while raising both arms up toward the ceiling, like a WHITE CRANE LIFTING ITS WINGS UP, side step right out approximately 12 inches DOUBLE ROOTING then lower hands downward and then up to WU CHI.

