

*Section One – cervical area*

Comfortable stance

1. Turn neck  
Hands on waist.  
Turn head left, right, back, down.
2. Draw a bow on both sides  
Form circle with hands.  
Pull, watch fist left.  
Pull, watch first right.
3. Stretch arms  
Fists at shoulder height.  
Look left, lift both hands, stretch.  
Look right, lift both hands, stretch.
4. Expand chest  
Hands crossed over groin.  
Raise forward, still crossed.  
Raise up, still crossed.  
Lower, palms up, look left.  
Lower, palms up, look right.
5. Spread wings for flight  
Hands at side pointing down.  
Raise up along side to chest.  
Push hands together, palms out.  
Lift up to circle, top fingers at nose.  
Push down to groin.
6. Raise single iron arm  
Hands at side.  
Right hand behind, horizontal.  
Raise left hand to side, palm down.  
Raise left hand and look up, palm up.  
Lower to behind back. Repeat right.

*Section Two – lumbar area*

Comfortable stance

7. Support the sky with both hands  
Intertwine fingers at navel.  
Lift up, turning palms up.  
Look up, stretch up, bend left.  
Open, lower, palms up, look left. Repeat right.
8. Turn trunk and push palm  
Fists at side.  
Push right hand forward, palm out.  
Pull left elbow back, look over it. Repeat right.
9. Circle lumbar spine with arms akimbo  
Place palms on *ming men* (kidneys).  
Push pelvis forward.  
Rotate and bend clockwise.  
Keep back straight. Repeat counter-clockwise.
10. Stretch arms and bend trunk  
Cross hands over groin.  
Reach up, looking up, palms crossed.  
Lower hands, palms up.  
Bend forward, palms down.  
Reach down, palms crossed.  
Reach forward, palms crossed.
11. Take bow stance and thread palm  
*Wide stance*  
Fists at side  
Step, lunge with left foot.  
Raise, strike with right hand, palm inward.  
Repeat with right foot, left hand.
12. Press palms on feet  
*Narrow stance*  
Interlace fingers in front of groin.  
Reach up, turn palms up, stretch up.  
Reach forward, reach down, press toes.

*Section Three – hips and legs*

13. Circle knees  
*Narrow stance*  
Hands on knees, bend knees.  
Circle knees clockwise, then counter-clockwise.
14. Take reverse bow stance and turn trunk  
*Wide stance*  
Hands on waist, thumbs back, straight knees.  
Bend right leg, stretch left leg, slight turn left.  
Bend left leg, stretch right leg, slight turn right.
15. Bow, squat and stretch legs  
*Narrow stance*  
Hands on at side, fingers pointing down.  
Hands on knees, bend forward, back straight.  
Hands on knees, squat deeply.  
Squatting, cross hands, press on top of toes.  
Lift, keeping fist on top of feet.
16. Keep one palm on knee, hold up the other  
*Wide stance*  
Hands at side, pointing down.  
Bend forward, grasp left knee with both hands.  
Keeping right hand on knee, lift right hand up.  
Stretch, look up.  
Reach down, forward, touching both knees.  
Repeat, grasp right knee, lift right hand.
17. Hold knee in front of chest  
*Narrow stance*  
Hands at side.  
Small step left while reaching up, palms facing.  
Reach to both sides, lift right leg slightly.  
Lift right leg high and grasp knee.  
Repeat with left leg.
18. Walk forward and backward  
*Comfortable stance*  
Do *taiji* walking with hands on hips