

17 Health Pole Exercises / Tàijí Jiangan / Supreme Ultimate Exercise Wand

Repeat each exercise at least 5 times, always starting easy and ending at the limit of current capability. If repeated 6 or more times, the 6+ iterations should be at your full limit.

Open. Without stick.

1. **Stretching the Crane.**

Wide stance. No stick. Reach up and back, on tip-toes. Reach down, hands together, between legs.

Standing.

2. **Sunrise and Sunset.**

Wide stance. Stick in front, near body. Reach up, tip-toes. Reach down.

3. **Move Like Octopus.**

Medium stance. Straight legs. Stick behind neck. Reach up. Reach down. Breathe out when reaching *up* and breathe in when reaching *down*.

4. **Twist Like Snake.**

Medium stance. Straight legs. One long exhale. Weave stick around back from left to right, right to left. Push down in back more each time..

5. **Twitch the Dragon's Tail.**

Medium stance. Straight legs. Stick behind neck. Twist forward, then to side. Left. Right. Two exhales.

6. **Bowing.**

Wide stance, straight legs. Stick at chest. Turn left, bow. Turn front, bow. Turn right, bow. Three exhales.

Adapt each exercise to your capabilities, and to how you are feeling today. Not too lazy, not too strenuous. Relaxed, but with focus and intention. If you are advanced, develop a warrior's version. If you are more beginner level, focus on gently finding your limit.

7. **Greet the Traveller.**

Tight stance, straight legs. Stick behind neck. Arch the back. Bow forward.

8. **Search for the Hatchet.**

Wide stance, straight legs. Stick very low behind. Lift up, higher each time, bowing forward.

9. **Horse Stance on a Tightrope.**

Very wide stance. Stick behind neck. Crouch to horse stance, deeper each iteration.

10. **The Tiger Springs.**

Narrow stance. Stick at chest. Lunge right, bend down left. Thrust stick up high. x5. Then do the sequence lunging with left x5.

Floor exercises.

11. **Row the Boat.**

OK to bend knees. Stick at chest. Chest at angle. Reach forward, to ankles at Fire stage. At more advanced level, try with knees straightened.

12. **The Rocking Bear.**

Knees bent, feet very wide. Stick at chest. Turn and reach left trying to touch feet, rock back, then turn and reach right. *Although floor-based is ideal for getting the best stretch, if mat work doesn't work for you then*

adapt floor exercises 11 - 15 to work as seated exercises. For Dragon Kicks (#16), substitute Wall Standing.

13. **Tailor's Walk**

Legs together. Stick behind neck. Lift knees alternately. Twist forward, lifting knee, turning hip, "walk" on buttocks 5 times, farther each time. Repeat, but this time "walking" backwards.

14. **Roll Like a Panda.**

Legs apart, sitting in squat. Place wand on ankles. Reach between legs to grasp wand on outside of ankles, knees bent. Roll back, only slightly at first, all the way onto back at Fire stage. Each step can be the full exercise. Do not move to next level if feeling pain.

15. **Raise the Bird's Wing.**

Lie on right side. Hold stick vertically in front of groin. Lift left leg. Repeat left side, right leg.

16. **Dragon Kicks.**

Lie on stomach. Stick held in front under chin. Raise right leg, toe pointed, five times, higher/more stretch each time. Repeat left leg.

Close.

17. **Shoulder Shrugs.**

Standing. Narrow stance. Straight legs. Stick behind, low. Do up and down shoulder rolls.

17 Health Pole Exercises / Tàijí Jiangan / Supreme Ultimate Exercise Wand

Warm-up – Extended 8 treasures

- Push the sky. A more elaborate version of “hold hands high”.
- Bow and Arrow. Bigger steps. A lot more *shou* (hand) positions, including down and forward as well as the traditional bow-and-arrow stance.
- One hand plucking stars. An elaborated version that includes reaching behind the back.
- Take your shoes off. Deep horse stance stretches in several modalities.
- Hold your feet. Stretching down, with a wider stance.
- Clench the fist. Very wide stance.
- Seven stamps. Heel-raising using different stances and arm/hand positions.
- Repeat. Link all together, always returning to neutral (pole) position for 3 breaths.