OLD PUEBLO TAI CHI • TUCSON, ARIZONA - 1-PAGE STUDIO PRACTICE HANDOUT

The 10-Minute Morning Qigong & Calming Breathwork Sheet

10 MINS DAILY

A gentle 1-page daily sequence for loosening stiff joints, deepening nasal breath, and quieting a busy mind.

PART 1 - THREE REGULATIONS CHECK-IN (BEFORE YOU BEGIN)

1. Regulate the Body (Tiao Shen)

Feet shoulder-width apart, knees softly unlocked, tailbone heavy, and jaw unclenched.

2. Regulate the Breath (Tiao Xi)

Breathe quietly through the nose into the lower ribs and belly—never force or hold the breath.

3. Regulate the Mind (Tiao Xin)

Bring a faint Inner Smile to the corners of your eyes and rest attention in your hands and feet.

4. Honor the 70% Comfort Rule

Stretch and move within 70% of your comfortable range so joints and tendons release without bracing.

PART 2 - 10-MINUTE DAILY FLOW

01 Swinging Arms Pendulum Warm-Up (Shuai Shou Gong)

2 Minutes (30-40 Swings)

Stand tall (or sit near the front edge of an armless chair). Float both arms forward to chest height with palms down, then let gravity swing them naturally backward past your hips like a relaxed clock pendulum while knees bounce gently.

02 Two Hands Hold Up the Heavens (Brocade #1)

2 Minutes (6 Slow Reps)

Interlace fingers below the navel. Inhale as palms rise past the chest and reach comfortably upward (or 45 deg forward for shoulder comfort) while tailbone and heels stay grounded. Pause briefly, then exhale as arms circle wide down.

03 Drawing the Bow & Separating Heaven and Earth

3 Minutes (4 Sets / Side)

Cross wrists at the chest and inhale to draw an imaginary bowstring wide across the collarbones (alternate sides). Next, inhale as one palm floats gently upward while the opposite palm presses softly down beside the hip.

04 Calming Healing Breath (Xu & Chui) + Dan Tian Close

3 Minutes (6 Breaths + Rest)

Inhale through the nose as palms gather at rib height; exhale with a whisper-soft "Shhh" (Xu) or "Chway" (Chui) sound as palms glide down to the lower belly. Finish with both palms resting warmly over your navel for 6 quiet breaths.

"When the breath is quiet and even, the heart-mind naturally settles like clear mountain water."

- Classical Daoyin Maxim • Every step below may be practiced standing tall or seated in a sturdy chair.

Old Pueblo Tai Chi - Beginner-Friendly Sun & Wudang Yang Style Classes with Dan Kimball

Culture Connects Studio • 3000 E. 22nd St, Tucson, AZ 85713 • Mondays & Wednesdays, 10:00 AM - 11:00 AM

Web: https://oldpueblotaichi.com • Phone: (520) 329-1562 • Email: dan@oldpueblotaichi.com • Standing or Seated Welcome