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

The 10-Minute Daily Tai Chi Posture, Root & Balance Sheet

10 MINS DAILY

A gentle standing or seated daily routine for rooting the feet, protecting the knees, and moving from your center.

PART 1 — FOUR-POINT ALIGNMENT CHECK-IN (BEFORE YOU BEGIN)

1. Suspend the Crown (Xu Ling Ding Jin)

Chin softly level and neck long, as if a silk thread gently lifts the crown of your head toward the sky.

2. Soften Chest & Round Back (Han Xiong Ba Bei)

Let your breastbone soften inward 1/2 inch so your shoulder blades widen and collarbones rest heavy.

3. Fold the Hip Crease (Song Kua)

Unlock your knees and sit 1/2 inch back into the hip crease (Kua) so your knees never push past your toes.

4. Root the Bubbling Well (Yongquan)

Spread your weight evenly across the big-toe mound, little-toe mound, and center of the heel.

PART 2 — STEP-BY-STEP PRACTICE SEQUENCE (STANDING OR SEATED)

01 Wuji Standing & Three-Breath Settling (Wuji Zhuang)

2 Minutes (6-8 Slow Breaths)

How to Move: Stand with feet shoulder-width apart, arms hanging loosely at your sides, and tongue resting lightly on the roof of your mouth behind the upper teeth. Breathe quietly through the nose.

Studio Cue:
On each exhale, imagine warm sand settling from your shoulders and chest down through your hips into the soles of your feet.

Gentle / Seated Adaptation:
Sit on the front third of a sturdy armless chair with both feet flat on the floor beneath your knees (50% sit-bones, 50% feet).

02 Commencing Form — Sun Rises, Moon Sets (Taiji Qi Shi)

2 Minutes (6-8 Repetitions)

How to Move: Inhale quietly through the nose as your wrists float forward and up to shoulder height like driftwood on a rising tide. Exhale as your elbows drop first and palms drift down past the hips.

Studio Cue:
Leave your shoulders down in their sockets as the wrists rise—move within the 70% Rule so the joints stay completely unstrained.

Gentle / Seated Adaptation:
Float the wrists only to mid-chest height if your shoulders feel tight; enjoy the gentle wave through the elbows and fingers.

03 Separating Empty & Full — 70/30 Weight Shift (Fen Xu Shi)

3 Minutes (8-10 Slow Shifts)

How to Move: Slowly pour 70-80% of your weight into your right hip crease until your left heel feels light enough to peel off the floor without tipping your torso. Pause 2 seconds, then pour smoothly left.

Studio Cue:
Never step with a heavy foot ("double-weightedness"). Wait until the unweighted foot feels completely empty before stepping.

Gentle / Seated Adaptation:
Keep a light fingertip touch on a chair back or wall while testing the empty foot, or shift 60/40 between right and left sit-bones.

04 Wave Hands Like Clouds & Closing Gather (Yun Shou & Shou Shi)

3 Minutes (6 Cycles + Quiet Close)

How to Move: Shift weight left and turn your waist slightly left as your left hand floats across at collarbone height and right hand sweeps past the lower abdomen; switch smoothly at the edges. Close with palms over navel.

Studio Cue:
Let your waist and pelvis turn the arms—your hands are quiet passengers riding the slow rotation of your center.

Gentle / Seated Adaptation:
Practice stationary in a comfortable shoulder-width stance or seated, enjoying the continuous figure-eight flow of the arms.

"Movement begins in the roots of the feet, rises smoothly through the legs, is guided by the waist, and flows out to the fingertips."

— Treatise on Taijiquan (Taijiquan Lun) • The 70% Comfort Rule: Move within 70% of your comfortable range.

Old Pueblo Tai Chi — Traditional Yang & Sun Style Classes with Dan Kimball, Founder & Instructor

Culture Connects Studio • 3000 E. 22nd St, Tucson, AZ 85713 (just west of S. Country Club Rd) • Mondays & Wednesdays, 10:00 AM - 11:00 AM

Website: https://oldpueblotaichi.com • Questions: dan@oldpueblotaichi.com • Practice in flat, non-slip shoes and use a chair or wall anytime.