



SAMPLE
COMPLETE TAI CHI

FOR BEGINNERS

YANG STYLE

HOME STUDY MANUAL

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About Complete Tai Chi

Complete Tai Chi for Beginners is a simple system of learning the fundamentals of Tai Chi and energy work in a straightforward building block method. There are four basic levels that build on each other progressively making it easy to follow and understand. This program is unique and is the one of the 1st complete Tai Chi home study courses in the world.

What's in the home study course?

This home study course contains four DVD's labeled level 1 through level 4 and a comprehensive Home Study Manual which supports the DVD's.

Each DVD level is broken down into four sections:

1. Introduction - A simple explanation of what is in the DVD level.
2. Warm Up - A simple low impact follow along stretching and warmup for each DVD level. The warm up routines are comprised of traditional stretching, eastern temple exercises and shaolin 18 lohan.
3. Elements - Demonstration, breakdown and instruction for each basic Tai Chi element covered in the DVD level. The section also includes a simple "Chi Kung" follow along routine working on the basic elements.
4. Form - A simple pattern of Tai Chi elements strung together into a flowing form. Each level form is simple yet powerful and covers the basic elements for the DVD level. The level form is demonstrated with front, back and angle views and a complete breakdown and instruction is given for the development of the form. A follow along form is provided for practice.

Some Basic tips for Home Study

Take your time - One of the nice things about home study is you can learn at your pace and schedule. You can specifically work an area of development as you need it. The

DVD's are set up in a simple progression in an orderly fashion. Skipping around in DVD's can cause confusion and lead you to miss some important information and get you frustrated. So we suggest that you stay in the progression given and become comfortable with new items and elements before going to the next section or level.

Don't get frustrated - go slowly and practice regularly. If you hit a section that is difficult, slow down or back up and work it out. You are in control, you can rewind, use slow motion, pause and play as needed.

Each DVD section is a Gold Mine of Health, Well Being and Energy - this system is packed with healing and energy work. Any one of the DVD level sections within this course by themselves can give a great workout and with heart, focus and intent can create balance and harmony in your life.

The Five Power Principles of this System

(1) ***Breathing*** - deep breathing is used, in through the nose, out through the mouth. I use a forced exhalation technique so the air takes longer to go out than in. That way I get all the oxygen out of the air into my blood supply. When we inhale I use the term **Yin** breath, and exhale is the **Yang** breath. **Yin** is to bring in or internalize. **Yang** is to send out and externalize. Sometimes we talk about **Yin and Yang Energy**. So **Yin** energy is being brought into our system and **Yang** energy is being sent out.

(2) ***Movement*** - what happens when an individual sits on couch all day, day after day and simply does nothing. They become lethargic and out of balance. Their system is stagnant and disease easily sets in. Movement is critical in the Health, Harmony and Balance of the Human body and energy system. When you move your electrical system is working and energizing different areas of the body. When you move blood is pumped more thoroughly through the body and a cleansing process is working through the pulsing and pumping of the system.

(3) ***Relaxation*** - If you take a water hose and kink it, the flow of water is reduced. Runners actually run relaxed breathing deeply through the run. So be relaxed when you exercise and allow the flow of energy through your system.

(4) **Focus** - be present in the moment. Be aware, stop the chatter in your mind. Focus on your body, how does it feel? How does my whole body feel? The power of your BEING exist in the stillness of no-thought. Focus on your breathing and how your body feels.

(5) **Intent** - is to have the view in mind of this exercise and journey BEING, Health, Harmony and Balance for you. It is having a positive mind set toward better a greater way of BEING.

At first you will have to pay attention to what you are doing with the Five Power Principles. With, in and through each exercise become the Five Principles. Then in time they will reward you with Health, Harmony and Balance.

Meditation

From actual real experience I have determined that meditation is an important factor to the wellbeing and harmony of the human mind, body, spirit and emotional complexes. I personally use several different forms of meditation depending on my “feeling” and life situation. What I mean by “feeling” is the monitoring of my mind, body, spirit and emotional systems. What is happened to most humans in this day and age is the lack of balance in their system by over identification with one of the four areas, mind, body, spirit and emotions. Only through meditation and presence of BEING in stillness can one balance the wholeness of system they are comprised of.

Here are some simple meditations for you to try out and use:

This simple breathing meditation technique which you are about to learn is one of the oldest and the simplest of all the meditation techniques I know of. It is one of my favorites.

You can do it at any time, anywhere. It is quite effective also as newcomers to meditation find it easier to grasp, understand and do.

The immediate effect of this meditation technique is a feeling of being centered, calm and at peace. I'll talk about other benefits later on in this article.

Right now lets go and see what are the general prerequisites of meditation. Understanding these prerequisites of meditation will help you reach the meditative state much more quickly and will help immensely in your meditation practice.

SIMPLE BREATHING MEDITATION TECHNIQUE

Sit down making a comfortable posture. Your back should be straight, neither too stiff nor too loose. Your posture should not make you feel lazy or sleepy and neither it should make you feel uncomfortable.

The spinal cord in this natural position acts as a channel for the energy to flow from your root chakra (base of spinal cord) to your crown chakra (top of your head).

If closing your eyes helps you achieve a better focus then close your eyes otherwise just look straight ahead without actually looking at any thing specific. I usually close my eyes as it helps me in focusing my mind better.

Now put your attention on your breath. Breathe normally through your nostrils. The rhythm of your breath may change as you start focusing on it. Sometimes it may get heavier and sometimes lighter and faster.

Don't worry about the change. Just keep your attention focused on your breath. Just be with your breath as you inhale and exhale. The object of meditation is the sensation of breathing.

As you go deeper into the meditative state, you will automatically feel other thoughts leaving your mind. At first you may feel a sudden rush of thoughts trying to get your attention. Don't let it bother you. Don't resist your thoughts either.

If you will resist your thoughts they will usually lead you astray. Just accept them, acknowledge them and as you see your attention wandering, bring it back gently to your breath again.

After some practice the mental chatter will stop and the distracting thoughts will leave you alone as they won't find any host willing to give them a place to linger on. Think of the distracting thoughts as dust. In our normal state of awareness the dust is always there and we don't notice it because we are too busy interacting with it subconsciously.

Once you still your mind, its like holding the wind all of a sudden. As the wind dies down and you become more aware, you tend to notice the dust acutely. Just remember that it was there all along. It's just that you noticed it just now. The dust will settle down by itself as there is no wind to carry it around anymore. Just be patient.

In the beginning you can keep an alarm clock with you, set to 15 minutes and you can come out of your meditation when it rings. With practice you will actually be able to instruct your mind to come out of meditation after a desired span of time. If you find it impossible to sit still for 15 minutes, start from 5 minutes.

Wu-Chi Meditation Technique

Move into Wu-Chi stance, your hands at your side, relaxed and still, feet shoulder width apart with toes pointed forward and knees slightly flexed. There should be a sinking feeling in the shoulders.

Now looking straight ahead at nothing in particular or with your eyes closed to help center yourself put your attention on your breath. Inhale through your nose and exhale through your mouth. Breath deeply in and exhale twice as long out three times focusing on your breath.

Now bring your attention to your entire body feeling every part of your body. Now breathe deeply three times with your focus on all of your body.

Now Bring your attention to your entire body and everything else around you expanding your awareness infinitely. Now breathe deeply three times focusing on All That Is.

Now inhale deeply and visualize energy flowing into your heart. Exhale slowly and visualize energy flowing into your heart. Repeat three times or as many times as you like.

When the chi begins to flow properly, the body begins to rock slowly back and forth, like a supple tree bending in a slight breeze. This is a sign of relaxation. Tense muscles prevent the chi from flowing along the channels.

Over time, this stance can be held comfortably for half an hour or more. While standing in The Horse Stance will strengthen the legs, this chi kung exercise also has the important function of promoting the flow of chi through the body.

Meditation Using Tai Chi and Chi Kung

Using Tai Chi and Chi Kung as meditational exercises is where the true power of Life Force is unlocked for Health, Harmony and Balance of the Human Energy System. You need to understand that All That Exist is energy in one form or another. Through meditation and exercise we are learning to harmonize and balance the energy that we are. We have to get in sync and feel these subtle energies and experience what movement, relaxation, breathing, focus and intent does in connection with the Life Force energies that move with, in and through you.

You will feel this subtle Life Force energy in the stillness and presence of BEING. The Simple and Wu-Chi Meditations can be used as the first steps to feeling Life Forced and understanding about "Presence" and "BEING". Your life situation, stress, fear, anger, resentment and being out of balance, will affect how long it takes to truly feel and master BEING PRESENT IN THE MOMENT. I encourage you to make a commitment to find this BEING that is within you. The changes that come about will be subtle and take some time, when you find BEING it places you on an evolutionary path of your highest good and well being!

Use the Simple Meditations while you are learning Complete Tai Chi For Beginners. As you become comfortable with the new exercises in the home study course, you can apply this Awareness, Presence and BEING to your Tai Chi and Chi Kung exercises. Within BEING in stillness, BEING PRESENT and BEING in the MOMENT you will find great gifts of healing, harmony and balance with, in and through your Tai Chi experience.

Lets get started!

Level 1 - I. Introduction

Hello and welcome to Beginner Yang Style Level 1 of our home study course. Within this level we will be looking at three different sections of study, Warm Up, Elements and Form. It is best to work through each section beginning with Warm Up, then learn the Elements and then study the form.

Level 1 - II. Warm Up

This warm up routine is a simple low impact set of exercises and stretching in a low impact follow along arrangement. The stretching and exercises used are of the traditional western style that most of you will be familiar with. In subsequent levels some eastern exercises will be used to enhance your awareness.

One of the most important aspects of getting started, warming up is proper breathing, focus and intent throughout the session. The Five Power Principles are used throughout all exercises and elements of Tai Chi.

Warm Up Exercises

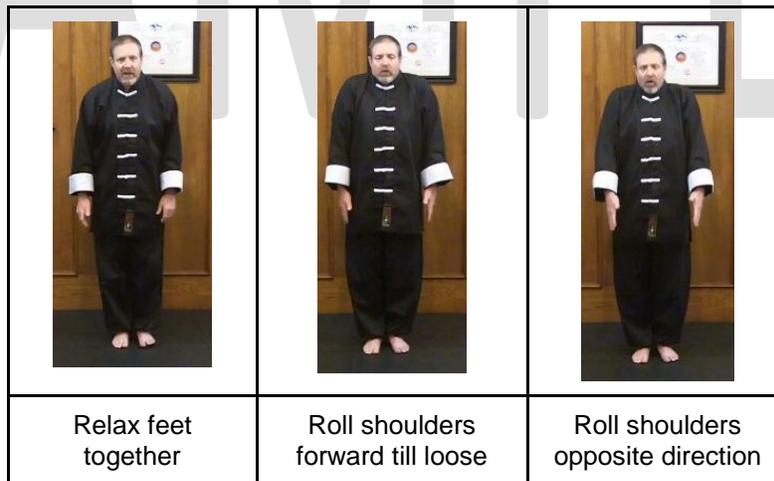
1. **Head Roll** - this is a simple head roll where you gently circle roll your head one direction then the other. Deep breathing is used throughout the exercise and the exercise is continued till all the kinks are worked out. In the beginning you may not be able to do much, just move slowly and don't overdo it.

		
<p>Relax feet shoulder width apart</p>	<p>Gently roll head in circle till loose</p>	<p>Switch direction and loosen up the other way</p>

2. **Simple Stretch** - in this simple stretch we start with our feet together. Breath in bend over slowly down toward your toes stop when you feel resistance hanging freely in place for a bit and then raise back up place hands on hips, exhale breath and stretch back.



3. **Shoulder Roll** - with you feet together, relax and roll your shoulders forward breathing deeply the entire time. After your shoulders loosen up reverse directions until you feel done.



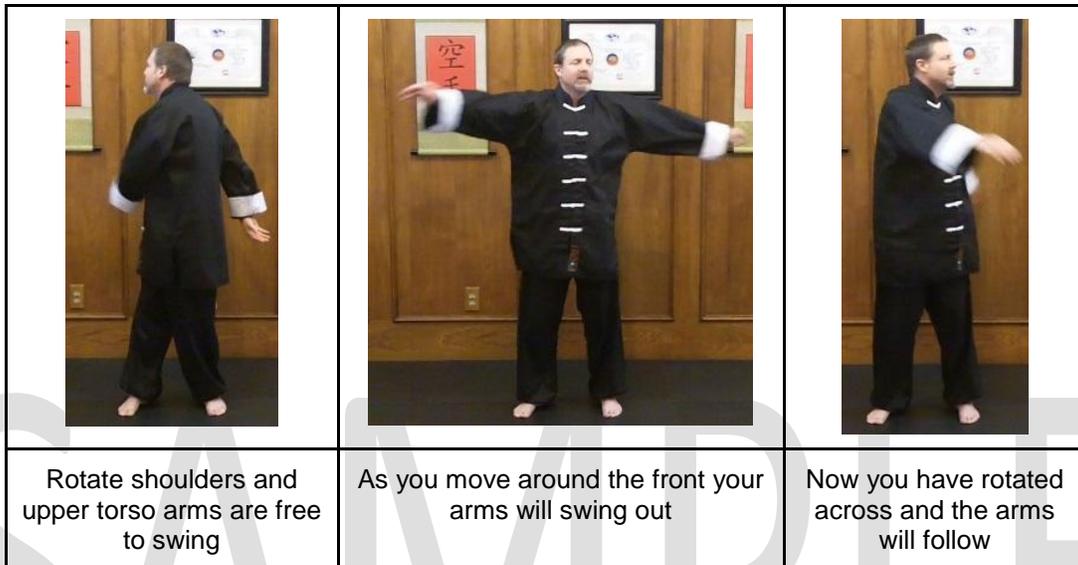
4. **Arm Circles** - feet together, start with arms straight out to the sides and breathe deeply throughout the exercise. Start making small circles with your hands in one direction and continue to make bigger and bigger circles until biggest circle then reverse directions make circles the other direction.

		
Relax feet together arms straight out at sides	Slowly increase the size of the circles till biggest circle	Reverse direction of circles and continue till loose

5. **Picking Fruit** - place feet shoulder width apart, reach up with your right arm and stretch up high like you are trying to pick an apple out of a tree. Stretch the whole right side of your body. Inhale as you reach up and exhale as you bring the arm down. Repeat on each side of the body as many times as you feel are needed.

		
Start feet shoulder width hands at your side	Inhale and reach up stretching side	Exhale and bring your hand slowly down

6. **Washing Machine** - start feet shoulder width with your arms relaxed at your side. Turn your shoulders back and forth moving your upper torso and let your arms fling up and out as you rotate until you feel you are done.



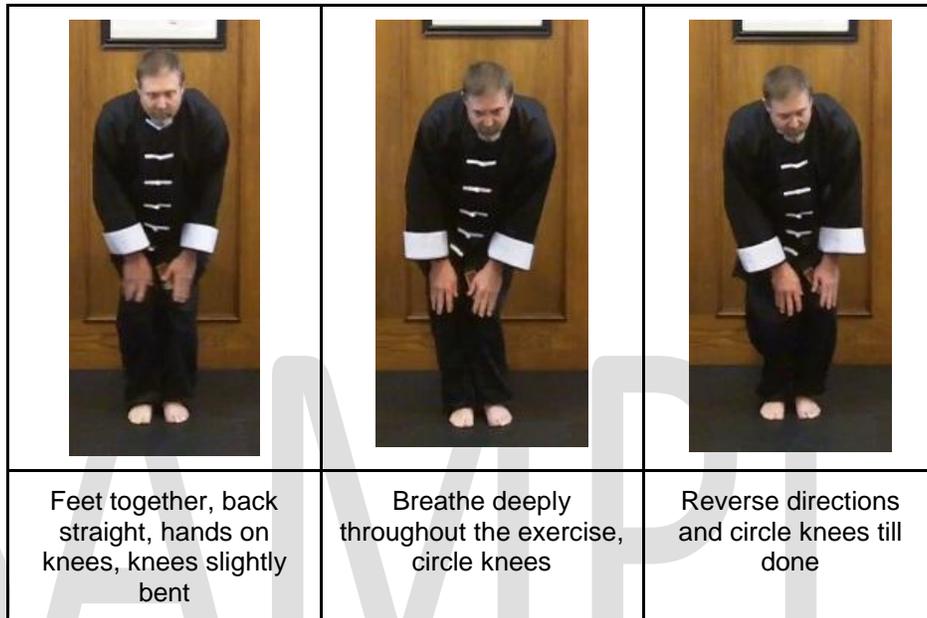
7. **Lifting the Sky** - put your feet together, stretch your arms down in front of you, with your palms down point the finger tips inward toward each other. Bring the arms and hands up with arms straight and fingertips almost touching over the head arching your back a bit. Inhale air on the up movement. Next bring your arms down, keep arms straight moving them in an arc out to the sides all the way down to your sides exhaling your breath at the same time. Repeat as many times as you feel are needed.

		
Feet together arms straight down palms down	Inhale, bring arms up pressed out straight in front of you all the way up, arch your back	Exhale and let your arms go down to your sides

8. **Hip Body Roll** - start with your feet shoulder width apart. Place your hands on your hips. Rotate your entire torso, hips being the most actually creating rotations in shoulders, hips, knees and ankles, total body agitation in one direction for several revolutions. Next reverse directions and do the same number of revolutions the other way.

		
Feet shoulder width with hands on your hips	Breathe deeply throughout the hip body roll, notice entire body is rolling	Reverse directions and roll till you feel done

9. **Knee Circles** - place your feet together, bend over and place your hands on your knees. Keep your back straight and your head looking forward while you rotate your knees. Go one direction several times then reverse directions till you feel done.



10. **Ankle Flex** - with your feet together or shoulder with raise up on the ball of your feet and back down. Do this several times with both feet at the same time then alternate feet back and forth till done.



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Level 1 - III. Elements

A Tai Chi Form is a set of elements “specific movements” tied together one after the other to form a powerful energy exercise. Section II is dedicated to the study and use of the individual elements that comprise the Complete Level 1 form. We call each specific movement a Form Element and each element will be illustrated as support instructional information for study and mastery of this material.

The second half of this section is a follow along “Chi Kung” style Form Element workout. I personally use these Chi Kung workouts as an energy building or directing experience in meditation.

SAMPLE

1. *Warrior & Scholar*

			
Feet together relax, hands at your side	Inhale while sinking down, left hand flat, right hand like a fist	Continue to inhale cover right fist with left hand and pull up	Exhale, release hands and sink

2. Beginning of Tai Chi

			
Start feet together then step left	Inhale sink down and lift arms relaxed	Straighten legs back up as arms continue to straight out, hands relaxed.	Exhale slowly, bring hands in like going over a ball, sink down and let hands slowly go down to your sides

3. Brush the Knee

			
Start in tee-stance, inhale, bring arms into position	Back hand up, front leg forward, weight on your back leg, front hand across the body, focus on your back hand	Exhale while pushing with the back hand, turn at the waist and brush down with front hand across the	Continue to push out until your weight is over the front leg

		knee	
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4. *Part the Horse Mane*

			
Start in tee-stance, inhale and circle hands, back hand on top, front hand on bottom	here is the tee-stance and hands prepared	Bring hands close together not touching	Exhale, step out with front foot, focus on the front hand, palm facing in, weight starting on back leg

	
Focusing on front hand, turning at the hips, front hand goes around and back hand brushes down	As you are turning transfer your weight from your back leg across the front.

5. *White Stork Colls Wings*

			
Feet together	Hands out away from your sides	Bring left hand up, right out to side	Inhale begin to step with right foot, left hand starting to go down, right hand going up

		
Right foot steps out, left hand continues down, right hand going up	Right foot is out, continue right hand up, left hand down	Ending posture, right hand up, left hand down, Exhale and bring right hand down slowly

6. *Settling Chi*

			
Feet shoulder width, arms and hands relaxed at your side	Cross your left hand over your right, palms up	Inhale, bring arms down and around in a circle	Continue to inhale till arms up and hands, fingertips about two to three inches apart

		
Exhale and bring hands down slowly	Continue to exhale and bring hands down	Finished posture, very relaxed

Elements Follow Along “Chi Kung”

I can say from personal experience that the element follow along “Chi Kung” is the basic cultivation of the healing life force that moves with, in and through all that is. We not only learn the basic movements, we learn how to productively use them for our benefit and others. As we master these basic elements utilizing the five power principles,

breathing, relaxation, movement, focus and intent we are preparing ourselves for the ultimate exercise of Tai Chi.

In this follow along each element is executed ten (10) times. Remember to use proper deep breathing as demonstrated in the DVD lessons, It is beneficial to do them in the order given. Here there are listed for your convenience:

		
1. Warrior & Scholar	2. Beginning of Tai Chi	3. Brush the Knee
		
4. Parting the Horse's Mane	5. White Stork Cools Wings	6. Setting the Chi

Level 1 - IV. Form

The level 1 form is comprised of six (6) basic elements strung together in five (5) distinct segments forming a pattern of movements that is called a Tai Chi Form. In order to unlock the full potential of the Ultimate Exercise of Tai Chi we once again point to the use of five power principles while performing our Tai Chi Form. You want to create a meditative, healing state of BEING as you do “your” Tai Chi. In order to get at the core of your BEING the element pattern and movements will need to be second nature to you, and this takes practice with focus and intent toward a goal of meditation in exercise. You will reach the absolute truth and BEING only through BEING PRESENT in what you are “doing”.

So at first we must learn the elements, then the pattern of the form. Any time you are doing Chi Kung or Tai Chi bring your full attention to monitoring:

- (1) Breathing
- (2) Are we relaxed
- (3) Even easy flow of movement
- (4) Have meditational intent of unconditional love and peace
- (5) Hold alignment and focus on the experience of BEING in stillness of the moment

Here is the form listed for your convenience:

		
<p>Seg 1-1. Warrior and Scholar</p>	<p>Seg 1-2. Step left, the beginning of Tai Chi</p>	<p>Seg 1-3. Brush the Knee to the Left</p>

		
<p>Seg 1-4. Turn 180 degrees, Brush the Knee to the right</p>	<p>Seg 2-5. Turn 90 degrees left and Part the Horse Mane</p>	<p>Seg 2-6. Step forward right foot, Part Horse Mane</p>

		
<p>Seg 2-7. Step forward left foot, Part Horse Mane</p>	<p>Seg 2-8. Right foot out, Right hand up, White Stork Cools Wings</p>	<p>Seg 3-9. Backwards turn into Brush the knee left.</p>

		
<p>Seg 3-10. Turn 180 degree into Brush the Knee right</p>	<p>Seg 4-11. Turn 90 degrees step left foot, Part Horse Mane</p>	<p>Seg 4-12. Step right foot, Part Horse Mane</p>

		
<p>Seg 4-13. Step left foot, Part Horse Mane</p>	<p>Seg 4-14. Half step right foot forward, White Stork Cools Wings</p>	<p>Seg 5-15. Backwards turn into Brush the Knee left</p>

		
<p>Seg 5-16. Turn back 180 degrees, Brush the knee right</p>	<p>Seg 5-17. Settling the Chi</p>	<p>Seg 5-18. Bring feet together, Warrior & Scholar</p>

END OF SAMPLE. Please purchase the complete program for the entire manual, with all level walkthroughs, additional information, and extras.