

18 TAI CHI CHI KUNG MOVES

© 2000 Chee Chung Center, all rights reserved

The Eighteen Tai Chi Chi Kung Moves were extracted from traditional Tai Chi Chi Kung exercises and reformulated into these simplified movements by Master Lim in China. They are an internal breathing exercise and work with specific meridians of the body to improve circulation and the flow of chi, cardiovascular strength, and the general health of the body's internal systems. For maximum benefit, it is important to maintain proper body alignment, focus on the breath, and keep a slow and even pace.

Begin standing straight with feet shoulder width apart. The feet should be parallel to each other, with the toes pointed forward. It is important to maintain this foot position throughout the exercises, except when the left foot is moved with one step forward in **moves 11-13** and again when the feet are lifted in **move 17**. Also, arms should move from the shoulder, not from the elbow or wrist. Move fluidly from one move to the next, never changing abruptly, pausing, or stopping in between.



1 Keeping wrists soft and palms facing downward, **inhale** and move from the shoulders as you slowly raise both arms in front of you to shoulder height. **Exhale** as you lower your arms back down to the front of your thighs, bending the knees slightly as you go.



2 **Inhale**, raising arms as in **move 1**, then extending them out to the sides as you reach shoulder height. **Exhale** as you return arms to center then lower back down to the front of the thighs, bending the knees as in **move 1**.



3 **like a tree . . .** **Inhale** and raise arms simultaneously, moving your right arm out to the side at shoulder height, palm upward, while the left arm bends over the head, palm positioned over the crown. At the same time, the feet remain planted while the body shifts left, left leg bending while the right leg remains straight. The bent leg will be fully loaded as the straight leg is empty. Hold the position as you **exhale**, looking at the outward palm. **Inhale** as you shift from one side to the other, bending the right leg and straightening the left, moving your arms simultaneously over your head to the left, right arm bending over the head and left arm extending out from the shoulder. **Exhale** as you look at your left palm.



Keeping the flow continuous, move back to center and . . .

4 touch the floor . . .

As you **inhale**, bend knees to an almost squatting position (without bending the body too far forward) as you sweep your arms down and forward, cross them in front of you, and in one continuous movement, raise them over your head while straightening your knees. **Exhale** as the arms uncross overhead and at full extension, circle them out and down.



5 hand-jive . . .

Continuing the arm movement of **move 4**, bring the arms straight in front of the body at shoulder height, palms facing upward (knees remain slightly bent). **Inhale** as you draw the right hand back, keeping your eyes on the movement of the palm as you pull it past your right hip, turning the palm downward as you extend it fully behind, then bring it back past the ear. **Exhale** as you continue to push the palm forward from the shoulder, passing the left palm as you now start to draw it back past the left hip. **Inhale** watching the left palm as you continue to move it back and around, same as the right side (returning the right palm to the starting position). **Exhale** as you continue to push the left palm forward from the shoulder back to the starting position alongside the right palm.



6 pick up sticks . . .

Turn both palms down and **inhale** as in a continuous circle you sweep both arms downward while crouching to a squat (without bending body too far forward). Gradually straighten legs as you continue to fully extend your arms back and up over your head. **Exhale** as arms circle forward and down past your head.



Return arms to your sides as you crouch to a squatting position . . .

7 scoop to heaven . . .

Inhale as you sweep your right arm up and diagonally across your body, as if you were scooping up a ball, while moving to a standing position. Balance the imaginary ball on your upward palm while you rise on tip-toe for a beat. **Exhale** as you turn palm down, move arm downward and return to squatting position. **Inhale** and repeat movements using left arm.



Return to squatting position . . .

8 contemplate . . .

Reach down in front of you as if you were grabbing a beach ball with both hands. **Inhale** as you twist and turn all the way back while straightening to a standing position, arms positioned as if you were still holding the ball. Take a beat to contemplate the moon, then **exhale** as you twist back down and return to starting position. **Inhale** as you repeat the movement to the opposite side. **Exhale** back to center.



9 palms in a line . . .

Body is centered, knees are slightly bent with palms facing upward at hips. **Inhale**, then **exhale** as you push left palm from across your body toward the right, fully extending your arm. **Inhale** as you turn palm upward and draw your arm back to starting position. **Exhale** as you repeat the move with your right arm. Instead of bringing it back to starting position, leave your right arm fully extended for . . .



10 big fat hen . . .

Knees are straight, right arm is extended and curved slightly in front of you, left arm is extended at a downward angle below the right arm. Hold arms in this position and **inhale** as you turn from the waist as far as you can go to the right. **Exhale** as you switch the position of the arms. **Inhale** as you turn from the waist in the opposite direction. **Exhale** as you . . .



11

Step forward with your left foot. **Inhale** as you shift your weight to forward foot, sweeping your arms down, crossing them in front of you and in one continuous movement raise them over your head, extending them fully as you shift your weight to the back foot. **Exhale**, bringing your hands down to hip level, palms facing upward . . .



12

Continue to **exhale**, pushing the arms forward in a rowing motion, turning the palms downward midway, continuing to extend the arms to shoulder height in front of you. **Inhale** as you pull your arms back from the shoulder to just past your hips. At the same time, weight shifts to back leg and forward toes lift off the floor.



13

Exhale as you push the arms forward, palms facing downward, shifting weight to front foot as you raise them to shoulder height. **Inhale** as you spread your arms as in move #2, opening them as far as you can while shifting you weight to the back foot and lifting the toes of the front foot off the floor. **Exhale**, moving your arms back to center.



14 fists of fury . . .

Move your feet back to the starting position (shoulder width apart, feet parallel to each other). Knees are slightly bent and hands are held in fists (facing up) at hip level. **Inhale**, drawing your right fist back slightly; then **exhale**, pushing your fist forward from the shoulder, turning your fist down as you reach full extension straight in front of you. **Inhale** as you turn your fist up and draw it back to hip level. Draw your left fist slightly back, and **exhale** as you push it forward and **inhale** as you pull it back, as on the right side.



15 around the world in 15 days . . .

Bend down, hands reaching the floor in front of you. **Inhale** as you twist your body to the left and slightly back, straightening up and reaching for the sky over your head. **Exhale** as you continue the circle, bending to the right and down. Repeat the movement, **inhaling** to the right and up, **exhaling** while you circle down to the left.



16 jumping jack . . .

From a squatting position with palms facing inward at the sides of the feet, **inhale** as you straighten to a standing position while raising your arms straight up, palms meeting over your head. Rise to your toes for a beat. **Exhale** as you bring your arms down and return to center.



17 hop and skip . . .

Inhale and raise your right arm (bent at the elbow) while simultaneously raising your left knee, and rise onto the ball of your right foot. **Hold the inhale** as you lower your right arm and left knee, then raise your left arm (bent at the elbow) and your right knee, while rising onto the ball of your left foot. **Exhale** as you lower your left arm and right knee, and return to starting position.



18 the last official move . . .

Standing straight with feet in the starting position and arms at your sides, bring the fingertips of both hands together in front of you, making a flat plain of your upward facing palms. **Inhale** as you raise your palms in front of you to chin level, bending at the elbows. Keeping the movement fluid, turn the palms downward, lowering them as you **exhale**. Repeat this move two more times (for a total of three). On the fourth **inhale**, raise your palms as in the previous three times. **Exhale** and lower your palms stopping just above the tan tien (just above your navel), letting your energies gather and settle there. Bring your arms to your sides and **inhale**. **Exhale** as you rub your palms together. Bring your palms up to cover your face and **inhale**. Repeat.

