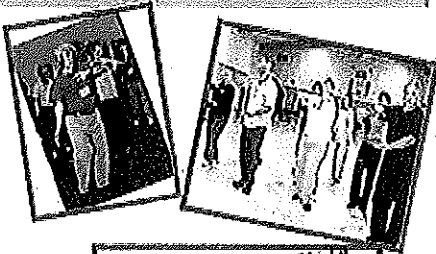




**Participate in a
Tai Chi: Moving for Better
Balance Class!**



**Tai Chi:
Moving for Better Balance
Moving for Better
Balance for Youth!**

What is Tai Chi?

Tai Chi is a form of physical exercise, which originates from Chinese martial art. Tai Chi emphasizes shifting body weight in different directions, being aware of body alignment, coordinating arm, leg, and trunk movement, and synchronizing breathing.

Tai Chi has been proven to improve mobility, strength, and balance, leading to a decreased risk of falling. One program, called "Tai Chi-Moving for Better Balance" has been shown to reduce the risk of falling among older adults.

Falls are the leading cause of hospitalizations and emergency department visits due to injury among Nebraskans, and the state's third leading cause of injury death. The overwhelming majority of these injuries occur among adults.

For best results, participants should attend Tai Chi-Moving for Better Balance classes twice a week for a 12-weeks. Independent practice outside of class for at least 45 minutes is also recommended.



Scientific studies have shown Tai Chi works to improve...

- Muscular strength (is important for supporting and protecting joints and is essential for normal physical function)
- Flexibility (exercises enable people to move easier, and facilitate circulation of body fluid and blood, which enhance healing)
- Fitness (is important for overall functioning of the heart, lungs, and muscles)
- Tai Chi movements also emphasize the importance of weight transference, which helps balance and prevents falls

Eight Forms Routine

- Form One...Hold a Ball
- Form Two...Part the Wild Horse's Mane
- Form Three...Single Whip
- Form Four...Wave Hands Like Clouds
- Form Five...Repulse Monkey
- Form Six...Brush Knees
- Form Seven...Fair Lady Works at Shuttles
- Form Eight...Grasp the Peacock's Tail

Modifications

- Tai Chi-Moving for Better Balance program can be modified for individuals with mobility difficulties.
- In a seated position
- From a seated position transitioning to upright standing
- With assistance of a chair

Saline County Aging Services

Helping and teaching the elderly with independence and grace to Silver County.

109 W. 3RD STREET, PO BOX 812, WILBER NE 68465
402-821-3330 or 800-778-3309

Section Five:

Tai chi: Moving for Better Balance Movements

Form One: Hold the Ball

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right. Have both palms face each other to form the first “hold the ball” position (beach ball size) on the right.

STEP 5



Step 5: Take a small and comfortable side step with your left foot directly to the left.

STEP 6



Step 6: Slowly shift your weight onto your left leg, allowing the left arm to move away from your body and upwards to your left (palm faces the body about eye level) while pushing the right hand down to stop at your right hip.

STEP 7



Step 7: Move your right foot close to the left foot while turning your left wrist over (palm faces down) and move the right hand across the lower body to take a position under the left hand (check: the palms of your two hands are now facing each other again forming a second “hold the ball” position on the left).

Now repeat Steps 5 to 7 on the right side.

STEP 8



Step 8: Take a small and comfortable side step with your right foot to your right.

STEP 9



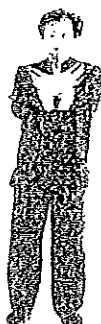
Step 9: Slowly shift your weight onto your right leg, allowing the right arm to move away from your body and upwards to your right (palm faces the body about eye level) while pushing your left hand down to stop at your left hip.

STEP 10



Step 10: Move your left foot near the right foot (shoulder width apart). While turning your right wrist over, move the left hand across the lower body to take a position under the right hand (check: the palms of your two hands are now facing each other again forming a “hold the ball” position on your right).

STEP 11



Step 11: Bring both arms to the front crossing them at the wrists with palms facing you.

STEP 12



Step 12: Extend both arms forward allowing them to separate at shoulder level (check: palms face down).

STEP 13



Step 13: Lower both arms to your side.

STEP 14



Step 14: Draw your left foot to your right to close the form.

Form Two: Part the Wild Horse's Mane

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right to have both palms face each other to form the first “hold the ball” position (beach ball size) on the right.

STEP 5



Step 5: From the “hold the ball” position, your left foot steps diagonally forward 45 degrees (heel lands first).

STEP 6



Step 6: Move your weight forward onto your left leg. At the same time, move your left arm up to about eye level (palm faces you). Your right hand pushes downward over the left wrist (as if you are stroking a horse’s mane) to stop next to your right hip.

STEP 7



Step 7: As your rear foot moves up and beside the left foot, turn right palm up and move it under the left hand so both arms form a “hold the ball” position on the left.

Now repeat Steps 5 to 7 on the right side.

STEP 8



Step 8: To continue, step your right foot diagonally forward 45 degrees (heel lands first).

STEP 9



Step 9: Move your weight forward onto your right leg and sweep your right arm up to about eye level (palm faces you). Your left hand pushes downward over your right wrist (as if you are stroking a horse’s mane) to stop next to your left hip.

STEP 10



Step 10: As your left (rear) foot moves up and beside your right foot, bring both arms together to cross the wrists in front of your chest (check: your weight should be evenly balanced on both feet).

STEP 11



Step 11: Extend both arms forward allowing them to separate (check: palms face down) at shoulder level.

STEP 12



Step 12: Lower both arms to your side.

STEP 13



Step 13: Move your left foot near your right (shoulder width apart) to close the form.

Form Three: Single Whip

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



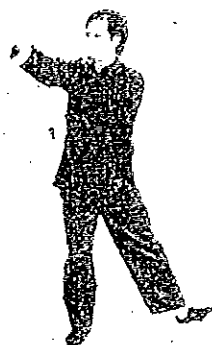
Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right to have both palms face each other to form the first "hold the ball" position (beach ball size) on the right.

STEP 5



Step 5: With your weight still on your right leg, take a small and comfortable step slightly backward to your left and with your extended right hand form a hook (hand dropped at wrist, thumb touching all four fingers).

STEP 6



Step 6: Pivot on your left heel about 90 degrees, slowly rotate your trunk to your left, allowing your left hand to follow your trunk rotation and then turn the wrist and extend it palm outwards.

STEP 7



Step 7: Shifting weight to the right, pivot on your left heel (90 degrees) to the front, and at the same time, drop both arms.

STEP 8



Step 8: Now, shift weight to your left foot, bring your right foot beside your left foot, shoulder width apart, and raise both arms up to your chest level, allowing the wrists to cross in front of your chest (check: your weight is now centered).

STEP 9



Step 9: Extend both arms forward, allowing them to separate (check: palms face down) at shoulder level.

STEP 10



Step 10: Lower both arms to your side.

STEP 11



Step 11: Move your left foot near your right (shoulder width apart) to close the form.

PROGRAM NOTE: *There are no movements to the right.*

Form Four: Wave Hands like Clouds

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right to have both palms face each other to form the first “hold the ball” position (beach ball size) on the right.

STEP 5



Step 5: Take a small and comfortable sidestep (slightly backward) to your left.

STEP 6



Step 6: Slowly shift your weight onto your left leg by rotating your trunk in the same direction. At the same time, move your left (leading) hand up (eyes following this leading hand) to the left about eye level (palm faces inward), allowing the right (trailing) hand to follow naturally to the left, but at a lower level (palm faces down).

STEP 7



Step 7: Draw the right leg next to the left leg (feet shoulder width apart).

STEP 8



Step 8: Turn your torso again to the right with weight slowly transferring to your right; simultaneously, move your right (leading) hand upward to the right (eyes following this leading hand) about eye level (palms facing inward), allowing the left (trailing) hand to follow naturally, but at a lower level (palm faces down).

Now, repeat the movements described in Steps 5 through 8 twice. After completing Step 8, do the following:

STEP 9



Step 9: Bring both arms to the front, crossing them at the wrists with palms facing you.

STEP 10



Step 10: Extend both arms forward allowing them to separate (check: palms face down) at shoulder level.

STEP 11



Step 11: Lower both arms to your side.

STEP 12



Step 12: Draw your left foot near your right (shoulder width apart) to close the form.

STEP 7



Step 7: Now, take a slow and comfortable step backwards to your right (diagonally at about 45 degrees) to land with the toes first.

STEP 8



Step 8: Slowly rotate your trunk to the right (eyes follow the trunk rotation) and push your left arm forward (palm faces out) while your right arm swings down past your right hip and then up to shoulder height (check: both palms face up).

STEP 9



Step 9: Your rear (right) foot now moves forward to join your left foot, and both arms come together to cross at the wrists in front of your chest (check: your body weight is now centered).

STEP 10



Step 10: Extend both arms forward, allowing them to separate (check: palms face down) at shoulder level.

STEP 11



Step 11: Lower both arms to your side.

STEP 12



Step 12: Draw your left foot near your right (shoulder width apart) to close the form.

Form Six: Brush Knees

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso, and rotate your trunk slowly to the right with both arms swinging to the side; your right arm circles up to your ear level (palm faces up) and your left arm follows the same direction to the right (palm faces inward).

STEP 5



Step 5: Step with your left foot diagonally forward (at 45 degrees) to land on your left heel.

STEP 6



Step 6: Rotate your trunk to follow the direction of your left foot (weight gradually loads on your left leg); your right hand pushes directly forward (palm facing out) while your left hand sweeps down and across in front of the left knee (without touching).

STEP 7



Step 7: Now, shift your weight backward onto your right leg, allowing your left heel to pivot (45 degrees) further to the left; swing and raise both arms to the left.

STEP 8



Step 8: Move your weight forward to the left leg and bring your right foot diagonally forward (about 45 degrees); simultaneously, bring both arms forward to cross your torso and allow your left hand to push directly forward (palm facing out); your right hand sweeps down and across in front of the right knee (without touching).

STEP 9



Step 9: Move your left foot forward to join the right foot. At the same time, bring both arms up to your chest level (hands crossed at the wrists) (check: your weight is now centered).

STEP 10



Step 10: Extend both arms forward, allowing them to separate (check: palms face down) at shoulder level.

STEP 11



Step 11: Lower both arms to your side.

STEP 12



Step 12: Draw your left foot near your right (shoulder width apart) to close the form.

Form Seven: Fair Lady Works at Shuttles

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



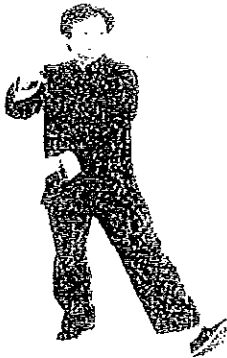
Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right to have both palms face each other to form the first “hold the ball” position (beach ball size) on the right.

STEP 5



Step 5: With your left foot, take a diagonal step forward (about 45 degrees to your left) to land on your left heel.

STEP 6



Step 6: Move your left hand upward (stopping slightly above your forehead) and then, with a slight trunk rotation to the left, turn your left palm outward while your right hand pushes straight forward (both palms face outward).

STEP 7



Step 7: Move your right leg next to the left leg and lower your right hand underneath your left hand (to form a “hold the ball” position) on the left.

STEP 8



Step 8: With your right foot, take a diagonal step forward (about 45 degrees) to land on your right heel.

STEP 9



Step 9: As weight comes onto your right leg, your right hand moves upward (stopping slightly above your forehead) and then, with a slight trunk rotation to the right, turn your right palm outward while your left hand pushes diagonally forward (both palms face outward).

STEP 10



Step 10: Bring your left foot forward to join your right foot. At the same time, bring both arms up to your chest level (hands crossed at the wrists) (check: your weight is now centered).

STEP 11



Step 11: Extend both arms forward allowing them to separate (check: palms face down) at shoulder level.

STEP 12



Step 12: Lower both arms to your side.

STEP 13



Step 13: Draw your left foot near your right (shoulder width apart) to close the form.

Form Eight: Grasp the Peacock's Tail

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked; arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



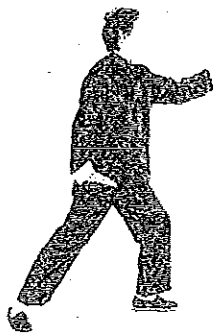
Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right to have both palms face each other to form the first “hold the ball” position (beach ball size) on the right. Now you are ready to perform the four movements: *Ward-off, Pull-back, Press, and Push.*

STEP 5



Step 5: *Ward-off:* From the ball-hold position, take a step to the left and slightly backward to land on your heel.

STEP 6



Step 6: Pivot outward on your left heel (rotate 90 degrees to the left) while simultaneously turning your waist toward the left. Along with the waist rotation, your left arm moves forward (to a blocking position – palm faces you); your right arm presses down obliquely to stop at your right hip (palm faces down).

STEP 7A



Step 7a: *Pull-back*: With a slight turn of your torso to the right, shift your weight backward and pull both hands back toward and across the right side of your body.

STEP 7B



Step 7b: Continue your arm swing upwards with a semicircular motion, ending with your right arm facing your face on the side and your left arm in front of your chest (palm faces inward).

STEP 8



Step 8: Now, join your right hand to the left hand by placing the right palm on the left wrist in front of the chest.

STEP 9



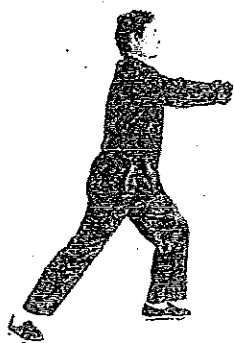
Step 9: *Press*: Press forward with both hands (touched at the wrists) until your arms are fully extended and hands are naturally separated.

STEP 10A



Step 10a: *Push*: Shift weight to the right leg as you pull both arms towards the body and down to stop at the waist (palms face forward) (with your left toes up).

STEP 10B



Step 10b: Now, push both arms out and forward (palms face forward) and up to shoulder level.

STEP 11



Step 11: Shift weight back onto right foot as you pivot your left heel and rotate your trunk 90 degrees to face the front along with both your arms, palms down, at shoulder level.

STEP 12



Step 12: Move your weight to your left leg, drop your right arm to form the ball-hold position on your left.

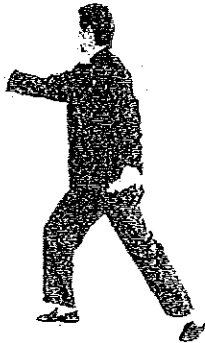
Now you repeat the movements for Ward-off, Push-back, Press, and Push on your right side.

STEP 13



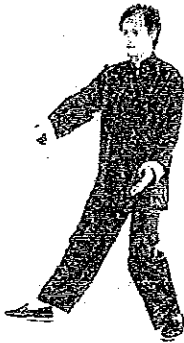
Step 13: *Ward-off*: Take a step to the right and slightly backward to land on your heel.

STEP 14



Step 14: Pivot outward on your right heel (rotate 90 degrees to the right) while simultaneously turning your waist toward the right. Along with the waist rotation, your right arm moves forward (to a blocking position—palm faces you); your left arm presses down obliquely to stop at your left hip (palm faces down).

STEP 15A



Step 15a: Pull-back: With a slight turn of your torso to the left, shift your weight backward and pull both hands back toward and across the left side of your body.

STEP 15B



Step 15b: Continue your arm swing upwards with a semicircular motion, ending with your left arm facing your face on the side and your right arm in front of your chest (palm faces inward).

STEP 16



Step 16: Now, join your left hand to the right hand by placing the left palm on the right wrist in front of the chest.

STEP 17



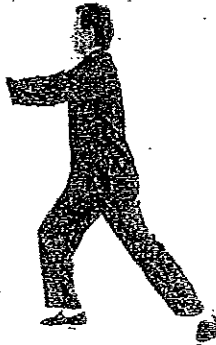
Step 17: *Press*: Press forward with both hands (touched at the wrists) until your arms are fully extended and hands are naturally separated.

STEP 18A



Step 18a: *Push*: Shift weight to the back as you pull both arms towards the body and down to stop at the waist (palms face forward) (toes up).

STEP 18B



Step 18b: Now, shift weight forward as you push both arms out and up (palms face forward).

STEP 19



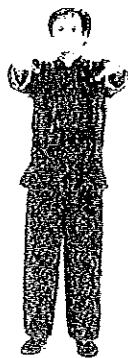
Step 19: Pivot on your right heel and rotate your trunk 90 degrees to face the front along with both your arms at shoulder level.

STEP 20



Step 20: Bring your right foot forward to join your left foot; simultaneously, bring both arms together to cross at the wrists in front of your chest (check: your body weight is now centered).

STEP 21



Step 21: Extend both arms forward allowing them to separate (check: palms face down) at shoulder level.

STEP 22



Step 22: Lower both arms to your side.

STEP 23



Step 23: Draw your left foot near your right (shoulder width apart) to close the form.