



TC4Core Practice DVD Guide

Class 1	Lesson 5	ARMS 3	Six Arm Postures Pick the Peach Brush Knee Arms Interlace Fingers
		WAIST 2	Fu style waist turning Wrist Flick Circles Make T with feet/Shift
		LEGS 1	Foundation Footwork Arm Curls Rising On Toes Four Corner Kicking
Class 2	Lesson 15	ARMS 4	Arm Flaps Turn palms Silk Reeling Punches Turn palm, lift elbow
		WAIST 4	Taiji Ball with Stepping Peng Wiggle Throw the Frisbee
		LEGS 4	Side to Side stepping pattern Taiji Foxtrot Hold Up Knee
Class 3	Lesson 11	ARMS 2	Arm Coiling With Shifting Vertical Coiling Hook/Chop
		WAIST 3	Pull the Rope Waist Turning Arm Slap (forward/back) Bend at Waist Twist
		LEGS 2	Taiji Walking Separating Heel Kick Chen Style Leg Coiling
Class 4	Lesson 1	ARMS 1	Double Back Fist Shoulder Back, Lock, Release Arm Chops Shoot the Bow
		WAIST 1	Waist turning arm slap (side to side) Side/side; Shoulder/hip Vibrating to Shake Disease Grind the Wheat
		LEGS 3	Turn, Half Step, Turn, Point Push Out to Hold Up the Sky Leg Swinging & Kicks



Daily Warm Up

Time to Complete: 10 minutes

1. Rotate Head – Reverse (6x-8x)
2. Ear to Shoulder – Press down opposite hand (4x each side)
3. Turn Look over shoulder (4x each)
4. Rotate Shoulders - Reverse (4-6x)
5. Shoulders forward, back (4x)
6. Rotate upper body – Reverse (4-6x)
7. Big Waist Circles – Reverse (4-6x)
8. Small Hip Circles – Reverse (4-6x)
9. Vertical Hip Circles – Reverse (4-6x)
10. Rub Hands, Squeeze, Interlace
11. Rub the back – down to sciatic up to small of back
12. Rub Hands, Squeeze, Interlace
13. Rub knee cap with palm - front, side, back
14. Fingers on either side of knee cap – Rub – Top and Bottom – Rub
15. Switch knees and Repeat 13 & 14
16. Rotate Knees – Reverse (4x)
17. Knee circles – Open, Back, Forward - Reverse (4x)
18. Rotate Ankle (Big Toe on Ground) (6x-8x)
19. Press toes on ground rotate to stretch ball of foot (6x-8x)
20. Switch feet and repeat 18 & 19
21. Pull the fingers back – individually – hand other direction (both)
22. Rotate Wrists – Reverse (8X)
23. Rub lower back in circles around the spine
24. Lean Forward, Back (4x)
25. Side Stretch (4-6x)



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MAI Deep Breathing

Time to Complete: 7-10 minutes

Nine repetitions each. Slow deep breathing – through nose fill bottom of the lungs

1. Fast Breath Circles
2. Reverse and Slow Circles
3. Side to Side
4. Raising Arms
5. Gather Wash Over
6. Pressing palms
7. Hands on Waist



LESSON # 1

Time to Complete: 45 minutes

- I. Daily Warm Up
- II. Fundamental Exercises

ARMS 1

1. Double Back Fist – **10 each** – both legs
2. Shoulder Back, Lock, Release (forward/reverse) – **10 each** – both arms
3. Arm Chops (forward/reverse) - **8 each** - both arms
4. Shoot the Bow – **12 pairs**

WAIST 1

1. Waist turning arm slap (wide, medium, hip width) - **12-16 each type**
2. Vibrating to Shake Disease – **20 secs**
3. Side/side; Shoulder/hip – **4-6 times**
4. Grind the Wheat – (clockwise/counterclockwise) – **9 each direction** – both legs

LEGS 3

1. Turn, Half Step, Turn, Point – **10 each leg**
2. Push Out to Hold Up the Sky (Left arm up, Right arm up, Both back) - **8 each**
3. Leg Swinging & Kicks (Toes back, Back Kick, Side slowly down) – **8 each type** - both legs

- III. Forms
- IV. MAI Deep Breathing

CONCEPTS/NOTES:



LESSON # 2

Time to Complete: 45 minutes

- I. Daily Warm Up
- II. Fundamental Exercises

ARMS 1

1. Double Back Fist – **10 each** – both legs
2. Shoulder Back, Lock, Release (forward/reverse) – **10 each** – both arms
3. Arm Chops (forward/reverse) - **8 each** - both arms
4. Shoot the Bow – **12 pairs**

WAIST 2

1. Fu style waist turning – **4-6 each direction**
2. Wrist Flick Circles (Left, Right, Both) - **10 each type**
3. Make T with feet/Shift – **15-16 in/out pairs** – both legs

LEGS 3

1. Turn, Half Step, Turn, Point – **10 each leg**
2. Push Out to Hold Up the Sky (Left arm up, Right arm up, Both back) - **8 each**
Leg Swinging & Kicks (Toes back, Back Kick, Side slowly down) – **8 each type** -
both legs

- III. Forms
- IV. MAI Deep Breathing

CONCEPTS/NOTES:



LESSON # 3

Time to Complete: 45 minutes

- I. Daily Warm Up
- II. Fundamental Exercises

ARMS 2

1. Arm Coiling With Shifting (left, right, both) - **10 each type**
2. Vertical Coiling (wrists touch, forearms touch) – **10 each direction**
3. Hook/Chop (wide, medium, hip width) - **6 each** - both arms

WAIST 3

1. Pull the Rope – (regular, roll fingers individually) - **20 reg, 10 w/ finger roll**
2. Waist Turning Arm Slap (forward stance, shifting forward/back) **4 forward, 16 shift** – both legs
3. Bend at Waist Twist – **6-8 each side**

LEGS 4

1. Side to Side stepping pattern – **8-10 left/right pairs**
2. Taiji Foxtrot – **4 times**
3. Hold Up Knee - **30 secs then 5 kicks**

- III. Forms
- IV. MAI Deep Breathing

CONCEPTS/NOTES:



LESSON # 4

Time to Complete: 45 minutes

- I. Daily Warm Up
- II. Fundamental Exercises

ARMS 2

1. Arm Coiling With Shifting (left, right, both) - **10 each type**
2. Vertical Coiling (wrists touch, forearms touch) – **10 each direction**
3. Hook/Chop (wide, medium, hip width) - **6 each** - both arms

WAIST 4

1. Taiji Ball with Stepping (push out top, push out bottom) - **9 each, 5 stepping – both legs**
2. Peng Wiggle – **4-5 each - both legs**
3. Throw the Frisbee (hip width, forward/back shifting) - **8 each arm – each type**

LEGS 4

1. Side to Side stepping pattern – **8-10 left/right pairs**
2. Taiji Foxtrot – **4 times**
3. Hold Up Knee - **30 secs then 5 kicks**

- III. Forms
- IV. MAI Deep Breathing

CONCEPTS/NOTES:



LESSON # 5

Time to Complete: 45 minutes

- I. Daily Warm Up
- II. Fundamental Exercises

ARMS 3

1. Six Arm Postures – **4-5** times
2. Pick the Peach – **10 each** - both sides
3. Brush Knee Arms (turn/fold, swipe/wipe, both together) - **8 each type** – both arms
4. Interlace Fingers (Lift/push out, Lift/separate) – **10 times**

WAIST 2

1. Fu style waist turning – **4-6 each direction**
2. Wrist Flick Circles (Left, Right, Both) - **10 each type**
3. Make T with feet/Shift – **15-16 in/out pairs** – both legs

LEGS 1

1. Foundation Footwork (Heel/Toe, Heel/Toe No Touch, Out/Down/Forward) – **8 each** – both legs
2. Arm Curls Rising On Toes – **25 times**
3. Four Corner Kicking – **8 each leg**

- III. Forms
- IV. MAI Deep Breathing

CONCEPTS/NOTES:



LESSON # 6

Time to Complete: 45 minutes

- I. Daily Warm Up
- II. Fundamental Exercises

ARMS 3

1. Six Arm Postures – **4-5 times**
2. Pick the Peach – **10 each** - both sides
3. Brush Knee Arms (turn/fold, swipe/wipe, both together) - **8 each type** – both arms
4. Interlace Fingers (Lift/push out, Lift/separate) – **10 times**

WAIST 1

1. Waist turning arm slap (wide, medium, hip width) - **12-16 each type**
2. Vibrating to Shake Disease – **20 secs**
3. Side/side;Shoulder/hip – **4-6 times**
4. Grind the Wheat – (clockwise/counterclockwise) – **9 each direction** – both legs

LEGS 1

1. Foundation Footwork (Heel/Toe, Heel/Toe No Touch, Out/Down/Forward) – **8 each** – both legs
2. Arm Curls Rising On Toes – **25 times**
3. Four Corner Kicking – **8 each leg**

- III. Forms
- IV. MAI Deep Breathing

CONCEPTS/NOTES:



LESSON # 7

Time to Complete: 45 minutes

- I. Daily Warm Up
- II. Fundamental Exercises

ARMS 4

1. Arm Flaps (side, forward/side, side) - **50, 25, 25-50**
2. Turn palms (fingers forward, elbows up, elbows back, arms together) - **8 each**
3. Silk Reeling (each arm, both together) – **8 each type**
4. Punches – **30-40**
5. Turn palm, lift elbow - **10 each** - both arms

WAIST 4

1. Taiji Ball with Stepping (push out top, push out bottom) - **9 each, 5 stepping – both legs**
2. Peng Wiggle – **4-5 each - both legs**
3. Throw the Frisbee (hip width, forward/back shifting) - **8 each arm – each type**

LEGS 2

1. Taiji Walking – **16-24 steps**
2. Separating Heel Kick – **5 then hold ten count** – both legs
3. Chen Style Leg Coiling – **8** – both legs

- III. Forms
- IV. MAI Deep Breathing

CONCEPTS/NOTES:



LESSON # 8

Time to Complete: 45 minutes

- I. Daily Warm Up
- II. Fundamental Exercises

ARMS 4

1. Arm Flaps (side, forward/side, side) - **50, 25, 25-50**
2. Turn palms (fingers forward, elbows up, elbows back, arms together) - **8 each**
3. Silk Reeling (each arm, both together) – **8 each type**
4. Punches – **30-40**
5. Turn palm, lift elbow - **10 each** - both arms

WAIST 3

1. Pull the Rope – (regular, roll fingers individually) - **20 reg, 10 w/ finger roll**
2. Waist Turning Arm Slap (forward stance, shifting forward/back) **4 forward, 16 shift** – both legs
3. Bend at Waist Twist – **6-8 each side**

LEGS 2

1. Taiji Walking – **16-24 steps**
2. Separating Heel Kick – **5 then hold ten count** – both legs
3. Chen Style Leg Coiling – **8** – both legs

- III. Forms
- IV. MAI Deep Breathing

CONCEPTS/NOTES: