



LESSON # 9

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 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 # 10

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 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 # 11

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 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 # 12

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 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 # 13

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 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 # 14

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 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 # 15

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 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 # 16

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 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: