



(by Dr. Paul Lam, medical and Tai Chi experts)

Warm Up Exercises

(Do each set 3-5 times)



1. **Spider hands** - hands up at shoulder height wiggle fingers and walk around
2. **Bear Walk** - bend knees, hands at shoulder level, elbows bent, walk around like a bear
3. **Butterfly** - walk around and fly like a butterfly
4. **NECK:**
 - **Open Temple Doors** - step out with left foot, hands "temple doors" up to shoulder height away from body, elbows bent and palms to face, move left hand "door" out to side then back, repeat with right hand, bring palms down to your leg and chin to chest. *"Look straight to the sun and then down to the pebbles"*
5. **SHOULDERS:**
 - **Spiders on Shoulders** - fingers on shoulders, rotate shoulders
 - **Gathering Sunbeams** - step out with left foot, breathe with palms facing up, bring arms up overhead scooping energy "sunbeams", exhale as you push palms down in front of body bringing energy to you, bring left foot back in. *"Greet the sun"*
6. **SPINE:**
 - **Bear Stretches** - step out with left foot, spine stretches
"Stretch up to reach to the sky and the other hand reach to the earth"
 - **Turning Ball** - large beach "energy" ball in front of body, turn to left and right
7. **HIPS:**
 - **Feel the Sand** - heel to front to feel the water and hands back, toe back to feel the sand and hands out in front.
 - **Two Big Boulders** - Hands out to shoulder height palms up, kick to the side at a boulder on the right then left. *"Bear kicking the boulder"*
8. **KNEES:**
 - **Bear Punches** - fists at waist, knees bent, step out with one foot and lunge & punch with opposite fist, repeat with other side.
 - **Bear Kicks** - Do the same again both sides, except lift knee up and kick out.

Dr Paul Lam and experts of respective fields have designed these **easy-to-learn, safe and effective** programs to **improve health and quality of life.**

Tai Chi 4 Kidz ~ The Set

1. **Commencing Movement** (form a string with spine & relax, abdominal breathing, step out with left foot "tall trees", bring arms (ball) up out in front - circular (sink down in your knees as you bring ball down in a "U"), hands your chest, push ball out "show ball to your friend, then bring it back")
2. **Opening & Closing Hands** (expand ball/balloon)
3. **Brush Knee ~ Yang style L-R-L 3X** (hello to friend at R, see friend at L going to kick you in the knee, block knee with L hand "don't kick my knee" and push R Hand forward, "STOP be nice", transfer back, adjust L foot; repeat on R and then L again)
4. **Opening & Closing Hands**
5. **Kick the Beehive ~ L & R**
6. **Opening & Closing Hands**
7. **Waving Hands in the Clouds ~ R 3X**
8. **Opening & Closing Hands**
9. **Stroke Bird's Tail ~ L & R** (hide ball, show butterfly)
10. **Closing Movement**



The Creators: Cheryl Lee Player and Dr Lam



Cool-Down Movements ~ (Do each set 3-5 times)

1. **Punch Thighs** - Form a loose fist with your left hand. Lift the knee up and gently punch along the left thigh with your left hand. Repeat the same on the other side.
2. **Bear Power** - (Tense & Relax) Stand up on your toes with your arms at your sides. As you push up onto your toes, clench your fists and tense as many muscles as you can. Hold for a second. Then drop down to your whole foot, unclench your fists and relax your body. 3-5x

3. **Gathering Sunbeams** – Breathe “scooping up the sunbeams”, bring your hands up with palms up in a curve higher than your head and exhale pressing your palms down your front, bring the sunbeams into your body. 3-5x
4. **Shake it Loose** - Give your feet and ankles a few gentle shakes. “*Funky Monkey*”