

**STANDING FIRM FITNESS PRESENTS THE CHART OF EXERCISES OF ARTHRITIS TIA CHI FOR HEALTH PROGRAM
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Begin with Warm-up activities

Do warm up activities 3 times each. When doing the activities think of being in upright posture (suspended from the ceiling and at the same time tailbone pulled to the center of the earth with full deep breathing and feet grounded into the floor as if sprouting roots into the earth.

Do 2 exercises for each for 3 repetitions of the following:

neck
shoulders
spine
hips
knees
ankles

Practice basic Qigong exercises for cultivating energy and mindfulness

1. Posture of infinity
2. Posture of Tai chi (shallow squat, lowering)
3. Posture of open close
4. Posture of yin and yang (circling the base drum in an oval...traces energy flow)
5. Posture of up and down (dripping fingers and stroking)
6. Playing the lute
7. Sinking the chi (circle the earth to gather the chi and sink it into lower Dantien)

The basic 5 movements of Arthritis Tia Chi for Health Program by Dr. Paul Lam

1. Commencement form
2. Open and closing hands
3. Single whip right
4. Waving hands through clouds right
5. Open and closing hands

Create your own notes regarding the sequence and forms;

The next advanced movements are:

- a. Brushed knee
- b. playing the lute
- c. Step forward to deflect downward, Parry and punch
- d. Apparent close
- e. Embracing the tiger and pushing mountain
- f. open and closing hands
- g. Closing movement