

## Exercise Six

### Multidimensional head movement

Performed with *Part Wild Horse's Mane*

- Move arms into a hold-a-ball position, perform *Part Wild Horse's Mane* (with arms only) with the head turning side-to-side in the direction of the moving hand;
- continue with head turning up and down;
- continue the above motion with the rotation of the head .

**Note:** Perform 3-5 minutes with variation in head movement speed (slow to medium or at a comfortable speed perceived by the students) in either a bow stance (with weight-shifting) or stepping.

## Exercise Seven

### Single leg standing with *Brush Knees*

- From the hold-a-ball position, perform *Brush Knees* to bring rear leg forward and off floor (or tiptoe) to form a single leg standing posture while holding the ball diagonally away from the body. Hold the posture for 2-3 seconds.
- Repeat a, after the single leg stance is achieved, bring the arms closer to the chest and legs touching each other (to narrow the stance).

**Note:** Perform 2-3 times on each side

## Exercise Eight

### Stepping exercises

Stepping in square

- step in an order of forward, sideway (right), backward, sideway (left), sideway (right), forward, and backward.

Stepping with variations

- step with a straight step;
- step with a semicircular step;
- step with heel pivoting of the extended leg;
- Step in small (mini) steps and large steps;
- step with *Part Wild Horse's Mane* (forward);
- step with *Repulse Monkey* (backward);
- step with *Brush Knees* (turning);
- stepping in combination of all above.

**Note:** stepping with variations in speeds, directions, and width of base of support.

## Exercise Nine

### Pushing hands

Without a partner

With a partner

Partners face each other while standing in a right bow stance, with the big toe of each person's leading foot aligned laterally 5-6 inches apart and the distance between the two partners at arm's length (measured at the leading shoulder). Now, lower the leading arm to chest height and bring the backs of the wrist into constant, gentle contact.

- one partner shifts weight forward while the other shifts backward, allowing the leading arm to hinge slightly. Continuously alternate the direction of weight shift between the two partners;
- perform a with rear foot stepping forward and toward the support foot (changing base of support) and head nodding up and down (vertically);
- perform with the rear foot stepping forward into the center of the partner's base of support;
- perform a with trunk rotating side-to-side and head moving horizontally;
- perform d with the following:
  - rear foot stepping away from center line (to a wider base of support) and the leading foot stepping in place (partners begin circling each other);
  - circle in the other direction by rear foot stepping toward center line (to a narrower base of support) and the leading foot stepping in place.

## Exercise Ten

### Sensory integration exercises

In an upright standing position, perform the following:

- Swing arms up and down with eyes open (stable);
- swing arms up and down with eyes closed;
- engaging in a push-and-pull with a hold-a-ball gesture;
- engaging in a push-and-pull with eyes closed.

# Jai Ji Quan: Moving for Better Balance

## Mini Therapeutic Movements

An accompanying subroutine for

A set of sensory-motor therapeutic exercises designed to enhance balance and performance of daily functional activities

## Exercise One

### Body sway around ankle joints

#### Ankle sway

- a. With the motion of arm swing, move the body's center of gravity forward (toward toes), diagonally, and backward (toward heels) continuously.

#### Hip flexion

- b. Continue with the above motion (forward and backward): when the center of gravity reaches its forward limit, bend hips so that the body falls into a semi-squat position. Return to the upright posture while pulling both arms back towards the chest and then down to the waist.

#### Stepping

- c. Repeat the above motion: when the body's center of gravity reaches its forward limit, bend the hips and then take a step forward. Repeat right and left.

#### In-place Tai Ji Quan forms:

- d. Sway forward/backward with Opening Form; sideways with *Moving Hands like Clouds*; diagonally forward with *Fair Lady Works at Shuttles*; and diagonally backward with *Repulse Monkey*.

#### Stepping with a Tai Ji Quan form

- e. From a "hold-a-ball" position, slowly sway and extend the ball diagonally to the right to reach a forward limit. Once reached, step left with "*Part Wild Horse's Mane*." Repeat on opposite side.
- f. From a "hold-a-ball" position, slowly sway and extend the ball diagonally to the right to reach a forward limit. Once reached, bring the ball towards the body and heels (narrowing base of support) until a left step is taken backward into *Repulse Monkey*. Repeat on opposite side.

**Note:** 3-5 repetitions on each exercise with variation in movement speeds, directions, and sizes of base of support (i.e., wide, narrow).

## Exercise Two

### Eyes-head movements

With the form of *Moving Hands like Clouds*, perform the following:

- a. Eyes following the moving/leading hand (smooth pursuit);
- b. eyes leading the head/hand movement (rapid eye movement);
- c. eyes fixing on a static target in front (gaze stability) while the head follows the hand.

**Note:** Exercise 3-5 repetitions on each side with the head moving at a slow-to-medium speed or at a comfortable speed perceived by the students. Performed in seated, standing, or stepping.

## Exercise Three

### Sit-to-Stand, Stand-to-Sit

Seated in a chair, with both arms swinging forward in parallel, perform the following:

- a. Move the body's center of gravity forward to load it over the knees;
- b. move the body's center of gravity forward to lift the buttocks off the chair;
- c. move the body center of gravity forward to lift the buttock off the chair to a standing (upright) position;
- d. with an inhalation and both arms extended forward, sit down to the chair.

**Note:** Perform with a ball gesture as an alternative. This is a momentum based seat-to-stand exercise. Therefore, both arms need to swing forward and downward continuously.

## Exercise Four

### Step-and-Turn

Perform this exercise in the following the sequence:

- a. From a normal opening, move into a "hold-a-ball" posture on the right;
- b. with a preload to the right, perform Brush Knee - left - three consecutive times while making a leftward 180° turn. While brushing the knee, rear leg swings slightly outward and takes a half step forward;
- c. once above movement is completed, move into a hold-a-ball posture on the left;
- d. repeat a through c in the opposite direction to complete the full cycle (360°).

**Note:** Practice 2-5 repetitions of the cycle.

## Exercise Five

### Chair Up-and-Walk

Perform this exercise in the following the sequence:

- a. In a seated position, engage in an arm swing motion (3 times) to get the body up to a standing posture;
- b. move to a hold-a-ball posture on the right;
- c. walk with a swing-the-ball motion, take four or six steps forward (start with the right foot);
- d. with the hold-a-ball posture on the right, turn leftward by engaging in *Brush Knee - left*;
- e. step into a hold-a-ball posture on the left;
- f. walk four or six steps toward the chair (start with the right foot);
- g. with a hold-a-ball posture on the left, turn right by engaging *Brush Knee - right*, ending with the back facing the chair;
- h. while inhaling, step back into a neutral stance crossing arms;
- i. while exhaling push the arms forward and low the body down to the chair.