BeBalanced!
TAI CHI

UPGRADE YOUR LIFE
BeBalanced! Tai Chi is a training program that can be performed in a group and in personal training. Tai Chi was originally developed as a Chinese martial art. It is a graceful form of exercise that was developed in about the 14th century A.D. BeBalanced! Tai Chi is based on the traditional martial art but with the AIREX® Balance-pad Elite, 15 integrated exercises for the body, mind and spirit have been adapted. Our program improves physical characteristics such as strength, endurance, agility, flexibility, balance and coordination. Additionally, it relaxes the mind and helps it to cope effectively with the stress of modern living. Last but not least, it also helps us to stay calm, alert and optimistic throughout our live.

AIREX® Balance Products

The AIREX® Balance-pad Elite is part of BeBalanced! Tai Chi. It is extremely suitable for sensomotor training and beneficial for the body control, balance and coordination. The product consists of more than 90% air and provides a warm, soft feeling under the feet. The degree of instability of the Balance-pad makes it also possible for an untrained participant to exercise on it.

The AIREX® Balance-pad Elite is light and every participant is therefore able to move it around by him-/herself. Its use is unbelievably simple: just put it on the floor and get started. The AIREX® mats are all characterized by their unique quality. They can easily be rolled up, are always pleasantly warm even in cold rooms, have an antibacterial surface and are resistant to moisture.

What is Tai Chi?

Tai Chi developed in China as a martial art and was intended to be used as a practice for fighting and self-defense. After some time, people began to use Tai Chi for health purposes as well. In the following, many different styles of Tai Chi, and variations of each style, were developed “Tai Chi” has been translated with different terms, like “internal martial art”, “supreme ultimate boxing”, “boundless fist”, and “balance of the opposing forces of nature.”

While accounts of Tai Chi’s history often differ, one of the most constant and important figures is a Taoist monk in 14th-century China named Zhang SanFeng. The legends tell that Zhang SanFeng studied as a young man breathing exercises from his Taoist teachers and martial arts at the Buddhist monastery, eventually combining the martial forms and breathing exercises to formulate the soft or internal principles we associate with Tai Chi and related martial arts.

Tai Chi is often described as „meditation in motion” because it focuses on breathing and promotes serenity through a flowing posture - and thus connecting the body, mind and spirit, instead of using brute forces which are produced by muscle strength. Therefore, no matter what body size you have, what age, or whether you are a man or a woman, you could develop a high level of skills if you practice Tai Chi properly.

The Advantages of BeBalanced! Tai Chi

- It is good for body, mind and spirit.
- Improve your coordination and balance. As a result, you reduce the risk to fall.
- Semi-squatting posture with concentric and eccentric contraction help to improve your muscle strength.
- Reduce the feeling of stress by concentrating on the motion and your breathing.
- It is easy to learn as the exercises are performed in slow and synchronized movements.
- Improves the flexibility and builds up muscle endurance gradually.
- Safe exercises and almost anyone can do them.

Key Points for Performing BeBalanced! Tai Chi

- Maintain body balance and control, do not compensate any movement.
- Be patient and persistent.
- Be concentrated, and put aside distracting thoughts.
- Use diaphragmatic breathing.
- Breathe fine, long, soft, smooth, even, calm and slow.
- Keep your body weight down, lowering your center of gravity and feel anchored to the ground as you move.
- Move your body in a slow, relaxed and graceful series of movement.
- Integrate all parts of the body into a single unit.
- Move the limbs with circular and flowing movements.
- Make every motion continuous, and avoid making abrupt stops or jerky movement and move the limbs so that every movement flows into the next.
Sequencing of BeBalanced! Tai Chi

- It is suggested to follow the sequence to practice every exercise individually until you have the skills to perform all of the exercises.
- If you have finished to follow the description of an exercise, you need to do the opposite side as well in order to maintain the body balance.
- Once you have acquired the skills to perform all of the exercises, you should incorporate them into a comprehensive, flowing routine.
- You can depend on your body control, balance and time to start the exercises from 1 to 15 and then follow the sequencing of movement.

Remarks

- The following exercises are not intended as a substitution for medical treatment.
- During the exercises, if any discomforts occur, stop it immediately and consult a physician.
- It is recommended to consult your physician before practice.

Exercises:

Sonia Li (Fitness Instructor), Alvin Wong (Physiotherapist) and Chau Wai (National Tai Chi Athlete)

Visit our new website and download additional BeBalanced! programmes for free.

www.bebalanced.net
Description of Exercises:

1.1 Commencing Position
Basic position:
- Stand upright on the AIREX® Balance-pad Elite with your body relaxed and eyes close.
- Close your mouth and push your tongue to the roof of your mouth.
- Keep the head and spine straight.
- Put your feet together and keep your arms down.
- Maintain the balance, breathe naturally through your nose and concentrate.
- Repeat 10 breathing cycles.

2.1 Tai Chi Position
Basic position:
- Starting from the end position of „Commencing Position“. Movement:
- Open your eyes.
- Shift body weight on your right leg.
- Lift your left foot and move it a bit further to the left in shoulder-width.

2.2 Tai Chi Position
Movement:
- Distribute your weight evenly on both legs.
- Raise your arms to the front slowly to shoulder-level, with the palms facing the floor.
2.3 Tai Chi Position
Movement:
- Keep your hands and shoulder-width apart.
- Bend your knees and squat slightly.
- Lower your arms to waist-level.
- Push your palms down slowly.

2.4 Tai Chi Position
Movement:
- Look to the front.
- Turn your palms inward.
- Your hands and fingers should be bent naturally as if you were holding a ball.

2.5 Tai Chi Position
Movement:
- Repeat the movements 2.2 to 2.5 10 times.
3.1 Opening and Closing Position
Basic position:
• Start from the end position of „Tai Chi Position”.
Movement:
• Breath in and open your hands with twice your shoulder-width as if you were holding a big ball.

3.2 Opening and Closing Position
Movement:
• Keep your hands and fingers in a bent posture.
• Breath out and close your hands as if you were holding a ball, about 10 cm apart.
• Your hands should not point downwards.

3.3 Opening and Closing Position
Movement:
• Look to the front.
• Turn your palms so that they are facing the floor.
3.4 Opening and Closing Position
Movement:
- Hold your head and neck straight, and move your chin slightly toward your throat.
- Repeat the movements 3.1 to 3.4 10 times.

4.1 Empty and Real Position
Basic position:
- Start from the end position of „Opening and Closing Position“.
Movement:
- Shift your weight on your left leg and start turning your body to the right.
- Lift your right heel and place your right foot 10 cm apart from your left with the toes still touching the AIREX® Balance-pad Elite.
- Raise your right hand to eye level with the palm turning inward and with the fingers pointing upward and the eyes looking at your right hand.
- Bend your left forearm at shoulder-level with the palm facing downward.

4.2 Empty and Real Position
Movement:
- Move your right foot forward so that the heel touches the floor.
- Lower your left elbow with the fingers pointing upward at an angle.
4.3 Empty and Real Position
Movement:
- Shift your body weight on the left leg.
- Keep this position during 5 - 10 seconds to improve your static balance.
- (Advance level) Lift the right foot with heel off the floor to further challenge your balance.
- Repeat the movements 4.1 to 4.3 10 times.

5.1 White Crane Spreads its Wings
Basic position:
- Place your feet in a shoulder-width apart.
- Bend your knees and squat slightly, but keep your body relaxed.
- Place your arms to the front at waist level with the palms facing the floor.
Movement:
- Raise your right hand toward the front of your chest, with the palm facing down.
- While moving your left hand at an angle downward until it is positioned under your right hand, keep both elbows relaxed and your arms slightly bent.

5.2 White Crane Spreads its Wings
Movement:
- Turn your body slightly to the left.
- Raise your left hand to eye level with the arm bending slightly and palm pointing at an angle upward.
- Raise and move your right hand to the left until your fingers touch your left elbow. The palm is facing the floor.
- The eyes are looking at left the hand.
5.3 White Crane Spreads its Wings
Movement:
• Turn your body and your eyes back to the front.
• Shift your whole weight on your left leg and squat down slightly.
• Lift your right foot forward with the heel off the AIREX® Balance-pad Elite until the toes touch the floor.
• Move your right hand down to waist-level with your palm pointing to the floor and your fingers pointing upward.

5.4 White Crane Spreads its Wings
Movement:
• Shift your body weight to the left leg.
• Maintain this position for 5 - 10 seconds to improve your static balance.
• (Advance level) Lift the right foot off the ground to further challenge your balance.
• Repeat the movements 5.1 to 5.4 10 times.
6.1 Part Wild Horse’s Mane

Basic position:
- Start from the end position of „White Crane Spreads its Wings“.

Movement:
- Shift your body weight back to the left leg and move your right leg to the side on the floor.
- Move your right hand down to rest below your right rib with the palm facing upward.
- Bring your left hand back until it is positioned in front of your chest with the palm facing the floor. The position of the hands should remind of holding a ball.

6.2 Part Wild Horse’s Mane

Movement:
- Keep your body weight on the left leg and move your right foot backward until the toes are on the floor.
- Raise your right hand to eye level with the palm facing upward at an angle.
- Move your left hand down to the side of your left hip with the palm facing the floor and your fingers pointing to the front.
- Look at your right palm.

6.3 Part Wild Horse’s Mane

Movement:
- Keep this position for 5 - 10 seconds to improve your static balance.
- (Advance level) Lift the right foot off the ground. Alternatively, you can close your eyes to further challenge your balance.
- Repeat the movements 6.1 to 6.3 10 times.
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7.1 Golden Rooster Stands on One Leg
Basic position:
• Start from the end position of „Part Wild Horse’s Mane”.
Movement:
• Move your right foot slightly forward until the toes touch the back of the AIREX® Balance-pad Elite.
• Move your left hand upward and forward until you reach eye-level.
• Lowering your right hand until you reach waist-level, with the palm facing the floor and the fingers pointing forward.

7.2 Golden Rooster Stands on One Leg
Movement:
• Slowly lift your right leg with the knee fully bent and with the toes pointing downward.
• Move your right hand first forward and then upward until you reach eye-level. Your elbow has to be positioned above your right knee and your palm facing the left side.
• Lower your left hand to the side of your hip with the palm facing the floor and fingers pointing forward.
• Look at your right hand.

7.3 Golden Rooster Stands on One Leg
Movement:
• Keep this position for 5 - 10 seconds to exercise your static balance.
• (Advance level) Close your eyes to further challenge your balance.
• Repeat the movements 7.1 to 7.3 10 times.
8.1 Diagonal Fly
Basic position:
- Start from the end position of „Golden Rooster Stands on One Leg“.
Movement:
- Step with your right foot down on the floor with twice a shoulder-width apart. The toes point slightly outward.
- Move your right hand down at an angle to the front of your right ribs, until your palm reaches a position in which it points upward.
- Move your left hand up at an angle to the front of your left chest, until your palm reaches the position in which it points downward. It looks now as if you were holding a ball.

8.2 Diagonal Fly
Movement:
- Distribute your body weight equally on both of your feet.
- Move your right hand up to eye-level until the palm faces upward at an angle.
- Move your left hand across your chest until the fingers touch the right elbow with the palm facing to the floor. Look at your right palm.

8.3 Diagonal Fly
Movement:
- Shift your body weight mainly on the right leg.
- Move your left hand to the left at an angle with the palm facing to the floor and the fingers pointing forward.
- Look at your left hand.
8.4 Diagonal Fly
Movement:
• Repeat the movements 8.1 to 8.4 10 times.

9.1 Lowering Movement
Basic position:
• Start from the end position of „Diagonal Fly“.
Movement:
• Position the toes of your left foot outward slightly.
• Lower your right hand to eye-level and form a „claw“.
• Move your left hand across your chest until the fingers touch the right forearm with the palm facing to the floor.
• Look at your right hand.

9.2 Lowering Movement
Movement:
• Turn your body to the left and shift almost all of your weight on your left leg.
• Move your left hand to the left at an angle with the palm facing forward and the fingers pointing to the left.
• Lower your right hand behind you. The fingers are pointing upward at an angle.
• Look at your left hand.
9.3 Lowering Movement
Movement:
- (Advance level) To improve your body balance, close your eyes and maintain this position for 5 - 10 seconds.
- Repeat the movements 9.1 to 9.3 10 times.

10.1 Lifting Knee and Horizontal Punch
Basic position:
- Start from the end position of „Lowering Movement“.
Movement:
- Turn your body to the right.
- Move your right toes outward slightly as you turn to the right and shift your body weight gradually onto your right leg.
- Raise your right hand with the elbow at an angle the and palm facing upward and the fingers pointing forward.
- Turn your left palm until it faces upward.

10.2 Lifting Knee and Horizontal Punch
Movement:
- Turn your body to the left and face the front.
- Shift your major weight on your left leg.
- Move your right hand until it is positioned right above your right chest. The palm is facing the floor.
- Move your left hand downward at an angle until it is positioned under your right hand.
- Your palms should be facing each other as if you were holding a ball.
10.3 Lifting Knee and Horizontal Punch
Movement:
- Lift your right leg slowly, the knee is fully bent and the toes are pointing downward.
- Raise your left hand forward and up to shoulder-level with the palm facing the floor.
- Lower your right hand to waist-level with the palm facing upward and the fingers pointing to the left.
- Look at your left hand.

10.4 Lifting Knee and Horizontal Punch
Movement:
- Keep this position for 5 - 10 seconds to exercise your static balance.
- (Advance level) You can close your eyes to further challenge your balance.
- Repeat the movements 10.1 to 10.4 10 times.

11.1 Step Back to Ride on Tiger
Basic position:
- Start from the end position of „Lifting Knee and Horizontal Punch“.
Movement:
- Step with your right foot down on the floor and shift your weight on your left leg. Squat down slightly.
- Keep your right knee straight with the heel touching the floor.
- Turn your body to the right and look at your right side.
11.2 Step Back to Ride on Tiger
Movement:
- Shift your weight forward, lower the sole of your right foot to the floor and bend your right knee.
- Straighten your left knee without overstretching it.
- Raise your right forearm up to shoulder-level with your palm facing the floor and your elbow at an angle.
- Drop your left hand slowly to the side of your left rib with the palm facing upward.
- Look at your right forearm.

11.3 Step Back to Ride on Tiger
Movement:
- Shift your weight back on the left leg with your left knee bended.
- Straighten your left knee without overstretching it.
- Spread your arms at shoulder-level with the right palm facing forward and the left palm facing upward at an angle.

11.4 Step Back to Ride on Tiger
Movement:
- Stand on your left leg and lift your right foot with the knee slightly bended and the toes pointing upward.
- Clench your left hand into a fist and move your left hand above your head with the eyes of the fist facing the front.
- Move your right hand to the front of your right chest. The back of the fist faces the front.
11.5 Step Back to Ride on Tiger
Movement:
- Keep this position for 5-10 seconds to exercise your static balance.
- (Advance level) You can close your eyes to further challenge your balance.
- Repeat the movement 11.1 to 11.5 10 times.

12.1 Hide Hands and Strike Fist
Basic position:
- Start from the end position of “Step Back to Ride on Tiger”.
Movement:
- Lower your right foot until it is placed next to your left foot on the AIREX® Balance-pad Elite.
- Then, shift your weight on the right leg and slowly lift your left leg with the knee fully bent and the toes pointing forward.
- Lower your right fist to the front of your right hip with the back of the fist facing forward.
- Lower your left hand to waist-level. The left elbow needs to be positioned above the left knee with the palm facing inward at an angle and the fingers pointing to the right.

12.2 Hide Hands and Strike Fist
Movement:
- Step with your left foot to the left until the heel touches the floor.
- Keep your left leg straight but without overstretching your knee. The right knee is slightly bent.
- Look to your left.
12.3 Hide Hands and Strike Fist
Movement:
- Shift your weight back on the left leg with the knee bended.
- Straighten your right knee without overstretching it.
- Spread your arms, with the left palm facing the floor and the back of the right fist facing upward.
- Look at your right fist.

12.4 Hide Hands and Strike Fist
Movement:
- Turn your body slightly to the right and shift your weight back on the right leg with the knee bended.
- Straighten your left knee without overstretching it.
- Swing the left arm to the right at an angle with the fingers pointing forward and the palm facing upward.
- Move your right hand to the front of the chest with the back of the fist facing down.
- Look at your left palm.

12.5 Hide Hands and Strike Fist
Movement:
- Shift your weight back on the left leg with the knee bended.
- Straighten your right knee without overstretching it.
- Push your right fist forward at shoulder-level and pull your left palm back to the left side of your waist.
- Look at your right fist.
12.6 Hide Hands and Strike Fist
Movement:
• Repeat the movements 12.3 to 12.6 10 times to improve the lower limb strength.

13.1 High Swing Kick and Slap Foot
Basic position:
• Start from the end position of “Hide Hands and Strike Fist”.
Movement:
• Move your left leg to the right and squat down with both feet on the AIREX® Balance-pad Elite.
• Turn your body slightly to the right.
• Cross your hands at the wrists in front of your chest with the palms facing the floor.
• Keep both of your arms at an angle.

13.2 High Swing Kick and Slap Foot
Movement:
• Raise both of your hands until your left palm faces the left and the right palm faces the right at head-level.
• Straighten your left leg and swing kick your right foot to the height of your head and touch your right foot with your right palm.
• (REMARK: the height depends on your flexibility and balance).
• Look at your right palm.
13.3 High Swing Kick and Slap Foot
Movement:
- Step with your right foot down on the AIREX® Balance-pad Elite, then move it behind your body.
- Look at your right hand and keep your body erect.

13.4 High Swing Kick and Slap Foot
Movement:
- Repeat the movements 13.2 to 13.4 10 times to improve your dynamic balance.

14.1 Empty Stance and Raise Palm
Basic position:
- Start from the end position of “High Swing Sick and Slap Foot”.
Movement:
- Keep both of your both arms at an angle and turn your palms facing upward.
- Move your left toes outward slightly and shift your weight on your left leg.
- Position your right foot next to your left with the knee slightly bent and its toes touching the AIREX® Balance-pad Elite.
14.2 Empty Stance and Raise Palm
Movement:
- Move your right hand to the front at an angle with the palm facing the floor.
- Move your left hand down to chest-level with your arm bending and your palm facing upward.
- Shift your entire weight on your right leg and squat down slightly.
- Move your left leg slightly forward and keep your left leg “empty” (in the air) with both the toes and the heel not touching the AIREX® Balance-pad Elite.
- Look to the front.

14.3 Empty Stance and Raise Palm
Movement:
- Keep this position for 5-10 seconds to exercise your static balance.
- (Advance level) You can close your eyes to further challenge your balance.
- Repeat the movements 14.1 to 14.3 10 times.

15.1 Closing Position
Basic position:
- Starting from the end position of “Empty Stance and Raise Palm”.
Movement:
- Move both of your hands down to the front of your body at waist-level with the palms facing upward.
15.2 Closing Position
Movement:
- Spread your arms and raise them up to shoulder-level with the palms facing upward.
- Stand on your right leg and lift your left knee slowly with the knee fully bent and the toes pointing downward.
- Look at your right palm.

15.3 Closing Position
Movement:
- Raise both of your hands over your head with the palms facing backward at an angle and the fingers pointing upward.
- Look at your right hand.

15.4 Closing Position
Movement:
- Lower both of your hands to the front of your body to waist-level with the palms facing the floor.
- Step with your left leg down on the AIREX® Balance-pad Elite in shoulder-width and bend both knees slightly.
- Look to the front.
15.5 Closing Position
Movement:
- Straighten both legs gradually.
- Drop both hands gradually along the side of your hips.

15.6 Closing Position
Movement:
- Move your left foot next to your right foot.
- Look to the front.

15.7 Closing Position
Movement:
- Keep this position for 10 seconds with 3 deep breathings.
- Repeat the movements 15.1 to 15.7 10 times.
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