

Patch & Pot Wellbeing

Tai Chi Practice Guide

Beginner Level

Commencing Form · Parting the Wild Horse's Mane · Wave Hands Like Clouds

Commencing Form



1. Stand with feet shoulder-width apart, arms relaxed by your sides.
2. Slowly bend your knees slightly to release tension.
3. Inhale gently and lift both arms forward to shoulder height, palms facing down.
4. Exhale as you lower your arms back to your sides, sinking your weight evenly into both feet.

Focus on breathing naturally and relaxing the shoulders. This movement prepares the body and calms the breath.

Parting the Wild Horse's Mane



Parting the Wild Horse's Mane



1. Step your left foot forward and slightly to the side, keeping knees soft.
2. At the same time, sweep your left arm forward, palm facing inward, while your right hand drops beside your hip.
3. Shift your weight gently forward into the front leg.
4. Inhale as you draw the arms back to centre, exhale as you 'part' again.
5. Repeat on alternate sides, stepping lightly.

Think of gently stroking a horse's mane — flowing, soft, continuous.

Wave Hands Like Clouds



1. Shift your weight to the left foot and step your right foot to the side.
2. Circle your right hand across your body at chest height, palm inward, while the left hand follows just beneath.
3. As you step to the side, shift your weight and let the hands 'float' across like drifting clouds.
4. Breathe evenly with the rhythm of your steps.

Keep shoulders loose and movements smooth, like clouds drifting across the sky.