

TAI CHI · DAILY HOME PRACTICE FLOW

Brush Knee and Twist Step · A gentle guide for daily cultivation

Total: 20 – 25 minutes

Warm-up · Core Moves ·
Standing Closing

1 WARM-UP 5–10 min

Soften the joints · Settle the mind

- **Natural Standing**
Feet shoulder-width, knees soft. Close eyes, take 3 slow breaths. Let the body arrive.

1 Shift Weight Left ↔ Right

Rock gently side to side — feel the edges of each foot. Spine tall, hips level. 8–10 rocks.

2 Shift Weight Up ↔ Down

Rise slowly onto toes, then sink, bending knees. Imagine a string lifting the crown. 6–8 times.

3 Side-by-Side Rocking

Combine: sway left-right while rising and sinking. Let movement become circular and easy. 8 reps.

* Optional extras

Shoulder rolls · Wrist circles · Gentle neck rotations (slow, no strain)

2 CORE PRACTICE — BRUSH KNEE & TWIST STEP 5–10 min

Build layer by layer · Master each before adding the next · Slow is smooth

PROGRESSIVE LAYERING METHOD Each step builds on the last. Master the feeling before adding the next layer. Slow is smooth — smooth is Tai Chi.

1 Weight Shift Only — Left & Right FOUNDATION

Standing in place, shift weight fully to one foot, then the other. Feel the 70/30 distribution. No arm movement yet — just legs and center.

2 Add Breathing BREATH + WEIGHT

Shift forward → inhale gently through the nose. Shift back → exhale slowly through slightly parted lips. Let breath and weight move as one.

3 Add Both Hands Circling ARMS + BREATH

As weight shifts, both arms trace slow, soft circles — rising on the inhale, descending on the exhale. Elbows heavy, wrists floating.

4 Full Brush Knee & Twist Step Movement FULL FORM (STATIONARY)

One hand sweeps (brushes) past the knee while the other hand pushes forward. Torso turns naturally. Practice Left side, then Right side, in place.

5 Add Moving Feet (Stepping) FEET + FULL FORM

Step out — heel touches first, then roll to the whole foot as weight transfers. Rear foot pivots. Each step is deliberate, like placing a foot on a thin layer of ice.

6 Add Intent / Mind (Yi) YI + FULL FORM

Feel Qi rising from the earth, gathering at the lower dantian (below navel), flowing through the arms into the fingertips. Let the mind lead — the body follows.

(3) BREATHING REMINDER

Breathe **deep and long** throughout. Inhale through the nose, exhale slowly. Never hold the breath. If you lose the breath, pause and reset — **the breath is the practice.**

4 CLOSING STANDING 5 min

Collect · Return · Restore

1 Wuji Standing — 10 Breaths

Return to natural stance. Arms relaxed at sides. Close eyes. Count 10 deep, complete breaths. Still the mind.

2 Collect Qi

Raise both arms out to sides (palms up) on inhale. Draw hands slowly to lower dantian on exhale. Repeat 3x. Gather warmth and energy inward.

3 Rub Hands

Rub palms together briskly until warm and tingly. Activates the Laogong point (palm center) and charges hands with Qi.

4 Rub Face & Head

Use warm palms to gently wash the face upward, then sweep over top and back of head. Smooth eyebrows outward. Repeat 3x.

5 Pat the Eight Xu (八虛)

Lightly pat each pair 8–10 times to clear stagnation and invite Qi flow:

Elbow creases Both arms, inner fold

Shoulder joints Front & top of shoulder

Hip creases Groin fold, both sides

Knee backs Behind both knees

Pat gently — no force, just awakening.

"The mind is the commander, the body is the general — let stillness lead movement."