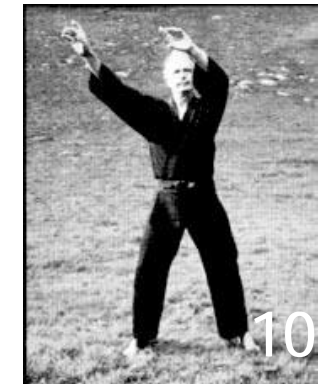


11 Chinese Exercises - Practice Sheet



The 11 Chinese Exercises:

- These exercises have been chosen amongst thousands of (so-called) Chinese health exercises or Qi Gong.
- They constitute a coherent succession of movements that are easier for beginners to approach than the Tai Ji forms (24, 108 or 127 postures).
- Another advantage is that they require very little space and it is possible to do them in varying lengths of time (according to the number of times each one is repeated). However, a minimum of four repetitions of each is deemed necessary.
- Learning the 11 exercises constitutes an excellent introduction to the Inner Way School practice of Tai Ji Quan developing coordination between breath and movements, Chi perception, sensitivity of the hands, internal focus and discovery of the Tiantien, the physical and energetic centre of the body.