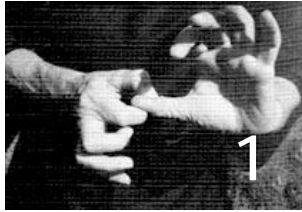


# Hand Exercises - Practice Sheet



## Hand Exercises:

- The nerve supply of the hand is far superior to that of the rest of the body. Should the hand size reflect its sensitivity, it would be huge (see representation).
- The hands play an important part in our system of perception. In Tai ji, they act like parabolic antennas gathering information at a distance.
- A Tai ji practitioner's ability to listen to and integrate the subtle energetic currents (Chi) of the environment reflects his/her degree of proficiency in the Art.
- The sensitivity of the hand being directly proportional to their suppleness, the automassages exercises are part of our daily practice. These exercises are particularly effective for the hands though their benefits are by no means limited to the hands.

