

Arm Circle Exercises

3 Fases

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| 1 st Fase: Big | Body straight, kept in front, arms make big circles, loosen up the shoulders |
| 2 nd Fase: Ballistic | Move from the whole body, swing arms totally relaxed in big circles around |
| 3 rd Fase: Energetic | As in 2 nd fase but slow, subtle and in smaller circles, like in Tai Chi Form |

Circles correspond to the circles made in the Form

1. **Begin Tai Chi**
Flat circle in front, arms move together (parallel), both directions
2. **2 Hands Up – and Down**
Circle backward on both sides, arms move together (parallel)
3. **Pick up the Bal (Hands Wave Like Clouds)**
Arms alternating circles outward
4. **Single Peng - Single Hand Ward Off**
Hands circle forwards alternating, both directions
5. **Double Peng - Double Hand Ward Off**
Diagonal Circles, hands holding a bal, both directions
6. **Ji - Druk**
Flat circle horizontal, both directions
7. **An - Duw**
"Straight" forward and back, spiral in 3rd Fase
8. **Carry the Bal (Brush Knee and Push)**
Diagonal Circles, hands alternating, both directions