Complete Tai Chi Walking Program for Seniors

Exercises 1–6

1 of 16 total exercises

OPENING SEQUENCE

1

EASY

Centering posture

STEP-BY-STEP GUIDE

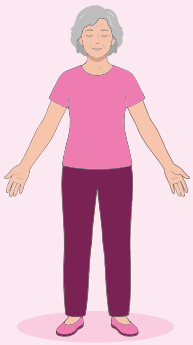
1. Stand with feet shoulder-width apart
2. Let arms hang loosely at your sides
3. Relax your shoulders away from ears
4. Breathe in slowly through the nose
5. Exhale and let your body settle

COMMON MISTAKE

Holding breath or tensing shoulders — keep everything soft and relaxed.

2 sets · 5 breaths

2



EASY

Opening the arms

STEP-BY-STEP GUIDE

1. Start with arms relaxed at your sides
2. Inhale and raise arms forward slowly
3. Open arms outward to shoulder height
4. Pause briefly at the top
5. Exhale and lower arms gently back down

COMMON MISTAKE

Raising arms too fast or above shoulder level — stay slow and controlled.

2 sets · 8 reps

3

EASY

Tai chi weight shift

STEP-BY-STEP GUIDE

1. Stand tall with soft knees
2. Slowly shift weight onto your left foot
3. Hold for 2 counts, stay balanced
4. Shift weight back to centre
5. Repeat to the right side

COMMON MISTAKE

Locking the standing knee — always keep a gentle bend to protect the joint.

2 sets · 6 reps

4

MODERATE

Slow forward step

STEP-BY-STEP GUIDE

1. Stand tall, weight on back foot
2. Lift front foot and reach heel forward
3. Place heel down softly, toes up
4. Roll weight forward onto the full foot
5. Pause, then bring the back foot forward

COMMON MISTAKE

Rushing through steps — each step should feel deliberate and controlled.

2 sets · 10 steps

5

MODERATE

Cloud hands walk

STEP-BY-STEP GUIDE

1. Raise one hand to chest height, palm down
2. Move that hand in a wide outward circle
3. Step sideways as the hand sweeps out
4. Bring the other hand up and repeat
5. Keep movements smooth and continuous

COMMON MISTAKE

Moving arms and feet at different speeds — synchronise hand circles with each step.

2 sets · 8 reps

6

EASY

Gentle arm sweep

STEP-BY-STEP GUIDE

1. Begin with arms at your sides, relaxed
2. Sweep both arms outward and upward
3. Let wrists lead — keep fingers soft
4. Arc arms down in front of the body
5. Repeat in a slow, continuous rhythm

COMMON MISTAKE

Stiffening the wrists or elbows — imagine moving through warm water.

2 sets · 8 reps

Complete Tai Chi Walking Program for Seniors

Exercises 7–12

7 of 16 total exercises

BUILDING FLOW

7

MODERATE

Brush knee step

STEP-BY-STEP GUIDE

1. Step forward with your left foot
2. Left hand sweeps down past left knee
3. Right hand pushes forward at chest height
4. Transfer weight fully onto front foot
5. Repeat on the opposite side

COMMON MISTAKE

Twisting the torso too much — keep hips square and facing forward.

2 sets · 5 breaths

8

MODERATE

Crane balance step

STEP-BY-STEP GUIDE

1. Stand on one foot, soft knee
2. Lift opposite knee to hip height slowly
3. Hold for 2 full breath counts
4. Lower foot gently to the ground
5. Use a wall or chair if needed

COMMON MISTAKE

Gripping the floor with toes or holding breath — stay loose and breathe steadily.

2 sets · 8 reps

9

EASY

Wave hands forward

STEP-BY-STEP GUIDE

1. Step forward onto your left foot
2. Push both hands forward, palms out
3. Inhale as you step, exhale as you push
4. Step with the right foot and repeat
5. Keep shoulders down throughout

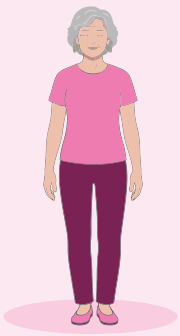
COMMON MISTAKE

Pushing with stiff arms — elbows should stay soft, never fully locked.

2 sets · 6 reps

10

MODERATE



Tai chi side step

STEP-BY-STEP GUIDE

1. Stand tall, arms at sides
2. Step sideways with your right foot
3. Bring left foot to meet it gently
4. Arms rise and lower with each step
5. Alternate direction after each set

COMMON MISTAKE

Crossing feet or stepping too wide — keep steps small and controlled.

2 sets · 6 reps

11

MODERATE

Gentle turn step

STEP-BY-STEP GUIDE

1. Place weight on your left foot
2. Pivot slowly on the left heel outward
3. Let your body follow the turn gently
4. Step through with the right foot
5. Keep gaze forward, not at the floor

COMMON MISTAKE

Turning too quickly — slow pivots protect the knee and improve balance.

2 sets · 4 turns

12

EASY

Flowing arm circles

STEP-BY-STEP GUIDE

1. Walk slowly in a straight line
2. Raise both arms out to shoulder height
3. Circle arms forward in slow rotations
4. Keep circles smooth and even-sized
5. Lower arms and repeat from the start

COMMON MISTAKE

Making circles too large or fast — small, controlled circles protect the shoulders.

2 sets · 8 reps

Hold a chair nearby for support if needed — safety always comes first

Complete Tai Chi Walking Program for Seniors

Exercises 13–16

13 of 16 total exercises

COOL DOWN & CLOSE

13

EASY

Gathering energy walk

STEP-BY-STEP GUIDE

1. Walk slowly with relaxed arms
2. On each step, draw hands toward chest
3. Imagine gathering calm energy inward
4. Exhale as hands return to sides
5. Match one full breath to each step

COMMON MISTAKE

Hunching forward while drawing hands in — keep chest open and spine tall.

2 sets · 8 steps

14

EASY

Floating hands walk

STEP-BY-STEP GUIDE

1. Begin walking slowly, arms relaxed
2. Float both hands upward on the inhale
3. Lower hands gently on the exhale
4. Let hands lead slightly ahead of the body
5. Keep wrists loose throughout

COMMON MISTAKE

Letting arms drop suddenly — the downward motion should be as slow as the rise.

2 sets · 8 reps

15

MODERATE

Parting the mist

STEP-BY-STEP GUIDE

1. Step forward onto your left foot
2. Extend right arm forward, palm facing left
3. Sweep left arm back at the same time
4. Shift weight forward as arms part
5. Return to centre and switch sides

COMMON MISTAKE

Overreaching the front arm — stop when the arm is parallel to the ground.

2 sets · 6 reps

16

EASY

Closing breath

STEP-BY-STEP GUIDE

1. Stand still with feet shoulder-width apart
2. Inhale slowly and raise arms to chest
3. Pause at the top for one count
4. Exhale and lower arms back to sides
5. Let eyes close softly on the last breath

COMMON MISTAKE

Rushing the final exhale — this is the cool-down, let each breath be longer than the last.

2 sets · 5 breaths

17

EASY

Soft heel-to-toe walk

STEP-BY-STEP GUIDE

1. Stand tall with arms relaxed at your sides
2. Step forward placing heel down first
3. Slowly roll through the foot to the toes
4. Let arms swing naturally with the step
5. Continue in a slow, steady rhythm

COMMON MISTAKE

Stepping flat-footed or too quickly — focus on a smooth heel-to-toe motion.

2 sets · 8 steps

18

EASY

Standing body sway

STEP-BY-STEP GUIDE

1. Stand with feet shoulder-width apart
2. Shift weight gently to the left foot
3. Let arms float slightly with the movement
4. Shift weight slowly to the right side
5. Keep the motion soft and continuous

COMMON MISTAKE

Leaning too far or losing balance — keep movements small and controlled.

2 sets · 6 reps