Better mental health such as increased self-esteem and less social isolation

- Improved balance, muscle strength, flexibility and mobility
- Improved physical health, and better functioning in daily activities

What Health Benefits Will I See?

- Participants should practice Tai Chi: Moving for Better Balance for approximately three hours each week.

How Often Will I Need to Practice?

- Participants should practice Tai Chi movements.
- The program is intended for community-dwelling older adults aged 60 and older, who can walk easily with or without assistive devices.
- Tai Chi: Moving for Better Balance is a program that helps older adults reduce their likelihood of falling.
- Tai Chi: Moving for Better Balance is a program that helps older adults.

What Will I Learn?

- Tai Chi: Moving for Better Balance is a program that helps older adults.
- Participants will learn balance skills, good body alignment, and coordinated Tai Chi movements.
- Tai Chi: Moving for Better Balance is a program that helps older adults.

What is Tai Chi: Moving for Better Balance?

- Tai Chi: Moving for Better Balance is a program that helps older adults.
Step up to meet the ball.

Reach forward. Pull hands back to shoulder height. Then hips.

Reach forward. Pivot back hand. Make a block.


Step up to meet the ball. palms pass each other. Back heel down. Weight over hips. Step with heel on diagonal. Part The Wild Horse's Mane. Ball 1 times. close step. Close with heel. Hold the ball.

Far Maiden Works Shuttle. Wave hands like clouds.
TAI CHI

Moving for Better Balance
What is Tai Chi: Moving for Better Balance?

- Tai Chi is a centuries-old Chinese practice designed to exercise the mind and body through a series of gentle, flowing postures.
- 8 forms derived from the 24 Tai Chi forms that emphasize weight shifting, postural alignment, and coordinated movements.
Benefits of Tai Chi

- Improves balance and posture
- Improves mental and physical health
- Strengthens Muscles
- Enhances Stamina
- Increases Energy Level
- Relieves Stress
- Improves the quality of sleep
BEGINNING

- Bend knees slightly, shift weight to right leg
- and step out to the side with your left foot,
- about shoulder-width
- weight to the middle, raise body
- raise your arms to shoulder height, focus
- attention to the wrist (inhale)
- push hands down to about hip level and bend the knees - keep your spine upright (exhale).
- This position is called: horse stance (like sitting on a horse). Each foot carries half of your weight.
HOLD THE BALL

- Hold the Ball, right hand on top, step to right.
- Hold the Ball, step to left, move left hand to top.
- Hold the Ball, step to right, move right hand to top.
PART THE WILD HORSE’S MANE

- Left Part Wild Horse’s Mane
  - Left foot diagonal step front. Left hand moves forward, right hand rolls over left and moves toward right hip. Close right foot. Hold ball, left hand on top.

- Right Part Wild Horse’s Mane
  - Right foot diagonal step front. Right hand moves forward, left hand rolls over right and moves toward left hip. Close left foot. Hold ball, right hand on top.
SINGLE WHIP

- **Left Single Whip**
  - Hold tea bag with right hand. Side step to left and push the wall, rock back, pivot left foot to face forward, close feet, left hand to top of ball.

- **Right Single Whip**
  - Hold tea bag with left hand, Side step to right and push the wall, rock back, pivot right foot to face forward, close feet, right hand to top of ball.
WAVE HANDS LIKE CLOUDS

- **Left Wave Hands Like Clouds**
  - Step left while waving left, close feet, and wave right. Eyes follow each hand, right foot closes each step. Hands come up from the abdomen to the head as they wave. Hold the ball, left hand on top.

- **Right Wave Hands Like Clouds**
  - Step to right while waving right, close feet and wave left. Eyes follow each hand, left foot closes each step. Hold the ball, right hand on top.
REPULSE THE MONKEY

- **Left Repulse the Monkey**
  - Left foot steps back diagonally, toe lands first. Left hand sweeps past left hip and up to shoulder height, palm facing forward. Eyes follow left hand. At the same time, right hand pushes forward to ward of the monkey. Hold the ball, left hand on top.

- **Right Repulse the Monkey**
  - Right foot steps back diagonally, toe lands first, right hand sweeps past right hip and up to shoulder height, palm facing outward. Eyes following right hand. At the same time, left hand pushes forward to ward off the monkey. Close left to right one. Hold the ball, right hand on top.
BRUSH KNEE

- **Left Brush Knee**
  - Right hand push out front. Left foot step forward diagonal, while left hand brushes left knee. Swim arms to hold the ball on left.

- **Right Brush Knee**
  - Left hand push out front. Right foot step forward diagonal, while right hand brushes right knee. Swim arms to hold on the ball on the right.
FAIR MAIDEN WORKS SHUTTLE

- Left Fair Maiden Works Shuffle
  - Left foot diagonal step to front. Left hand high, palm out. Right hand follows to join, palm out. Make a triangle shaped picture frame. Hold the ball on the left.

- Right Fair Maiden Works Shuffle
  - Right foot diagonal step to front. Right hand high, palm out. Left hand follows to join, palm out. Make a triangle shaped picture frame. Hold the ball on the right.
GRASP THE PEACOCK’S TAIL

Left Grasp the Peacock’s Tail

Left foot diagonal step front. Left hand moves forward, right hand rolls over left and moves toward right hip. Now, grasp the tail with your left hand on top and your right hand at waist level. Pull the tail toward your right hip, continue moving your right hand in a full circle bringing it to rest on your left wrist. Move both hands out together to push, and then separate your hands and bring back to hip level. Give one final push, then close with your right foot joining your left one, and hold the ball on the left.

Right Grasp the Peacock’s Tail

Right foot diagonal step front. Right moves forward, left hand rolls over right and moves toward left hip. Now, grasp the tail with your right hand on top and your left hand at waist level. Pull the tail toward your left hip, continue moving your left hand in a full circle bringing it to rest on your right wrist. Move both hands out together to push, and then separate your hands and bring back to hip level. Give one final push, then close with your left joining your right one, and holding the ball on the right.
CLOSING

The Tai Chi closing posture is performed at the end of a Tai Chi practice to balance your energy and promote feelings of relaxation and stillness. Stand with your feet hip-width distance apart. Relax your shoulders and bring your hands in a cupped-position with your palms facing up, resting in front of your pelvis. Close your eyes. Inhale and imagine that you are pulling your energy upward as you bring your hands up the center of your body to your chest. Exhale and rotate your hands so your palms are facing down. Imagine you are pushing your energy down as you push your hands toward the floor. Perform several repetitions of this exercise.
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