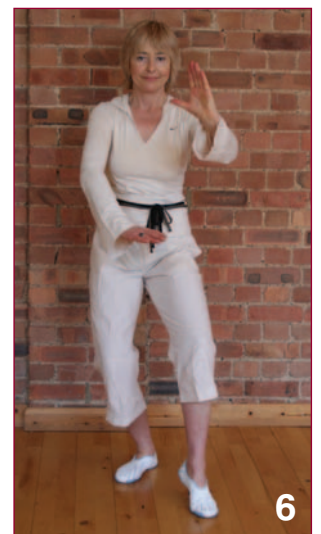
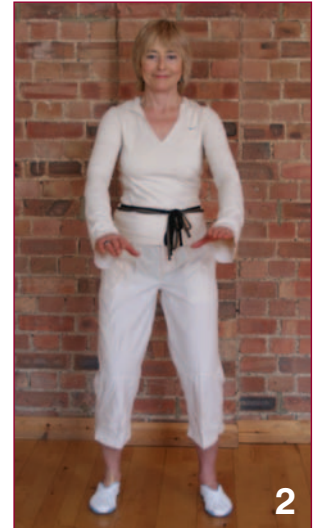


# introducing t'ai chi

WITH SUSAN WOODD

T'AI CHI HAS BEEN PRACTISED IN CHINA FOR NEARLY 800 YEARS, FOR HEALTH AND LONGEVITY. ONCE MASTERED, T'AI CHI CAN PROVIDE THE RIGHT MINDSET, EMOTION AND PHYSICAL ENERGY FOR WHAT YOU WANT TO ACHIEVE. SUSAN WOODD DEMONSTRATES THIS SIMPLE 15-STEP ROUTINE, WHICH CAN ALSO BE VIEWED IN MOTION ON [WWW.FITPRO.COM/FITPRO](http://WWW.FITPRO.COM/FITPRO)





PIC	MOVE	EXPLANATION	NOTES
1	Merging heaven and earth	Balance rising Yang and sinking Yin	With feet hip-width and joints open, push off from the ground and let your arms float up to chest level.
2	As above	energies or drawing opponent down	Draw your shoulder blades down and lower your arms, bending your knees and sinking body weight down.
3	Emptying and filling the legs	For balance and coordination	Empty your weight from left leg into right and hold an imaginary ball with your right hand on top.
4	Parting the wild horse's mane	Push down to strike or move forward	Step forward with your left leg, knee over toes, pressing the right hand down and raising the left with equal pressure.
5	White crane spreads its wings	A series of blocks used to enhance co-ordination and responses	Left hand draws across to right to deflect a punch as right hand presses down to deflect a kick, weight shifts back.
6	As above	As above	Hold a ball with left hand on top. Right hand rises to face palm away as left presses down and left heel lifts.
7	Right hand blocks to left	Coordinate timing of hands/moves	Right hand presses to left to protect the face as left hand rises out to the left. Repeat this on opposite side, weight remains on the right leg.
8	Brush knee and twist	Learning to move from your centre	Right hand comes to side of head and presses forwards as left hand spirals round to left hip – step into left leg.
9	Strum the lute	Use breath and body to exert force	Shift weight into back leg and place left heel on the ground. Extend left and right hand as if grasping opponent's elbow and wrist.
10	Clearing the clouds	Clearing mind – sink weight to rise	Circle hands to forehead height and out to sides and sink your weight deeper into your right leg.
11	Cross arms to kick	Balance and contracting power	Step forward into left leg and cross arms at chest bringing right knee to right elbow, sink into left leg.
12	Earth kick	Upper and lower co-ordination and rooting	Slightly open hip to right and extend leg and arm as you push into left foot and extend left arm to side.
13	Boxing tiger's ears	How to use flexibility, the mind and suppleness to empower movement	Bend right knee and draw fists behind your back level with your kidneys.
14	As above	As above	Step and sink into right leg as you circle fists in front level with your ears, shoulder down and glare at tiger.
15	Bow	Honouring an ancient tradition	Step back with right foot, feet together. Fist right hand and place in open palm of left and bow.



Susan Woodd trained with the pioneers that introduced t'ai chi to Britain

over 30 years ago; Sue combines its techniques for training the mind with increasing fitness for the body. She teaches learners of all levels in fitness centres and corporate organisations here and abroad. To find out more about Susan's classes and workshops, visit [www.suewoodd.com](http://www.suewoodd.com) or email her at: [swoodd@bigfoot.com](mailto:swoodd@bigfoot.com)

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