Tai Chi Starter Card and 12-Week Practice Log

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1. Your 10-minute starter routine

1. **Standing stillness (2 min)** Feet hip-width, knees soft, shoulders relaxed. Feel your weight in both feet.
2. **Commencement (2 min)** Float arms forward to shoulder height, then lower them as the knees bend slightly.
3. **Weight shift (2 min)** Slowly move weight to the right foot, then the left. Hips level, knees over toes.
4. **Wave hands like clouds (3 min)** Hands pass in slow circles in front of the body as the waist turns.
5. **Closing (1 min)** Feet together, hands down, three slow breaths.

2. Safety modifications

Unsteady balance: practice beside a chair or counter, or try seated tai chi. Sore knees: higher stance, smaller steps.

Osteoporosis: avoid deep twists and forward bends. Dizziness from medicine: ask your doctor first; rise slowly.

Pregnant, or a heart, lung or joint condition: talk to your provider before starting. Never hold your breath.

Stop and get help for chest pain, severe breathlessness, faintness or sudden pain. Call emergency services for chest pain or stroke signs.

3. Questions to ask a teacher

[ ] How long have you taught, and where did you train? [ ] Can I watch a class first?

[ ] Do you adapt movements for balance, knee or back problems? [ ] Which style and form do you teach, and how long is it?

4. 12-week practice log (studies usually run at least 12 weeks)

Week	Classes	Home sessions	Minutes	How steady did I feel? (1-5)	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Evidence: tai chi reduced the number of older adults who fell by about 20% (Cochrane 2019). Qi and meridians are traditional concepts, not proven structures. Tai chi complements, and never replaces, medical care (NCCIH).