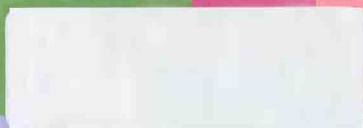
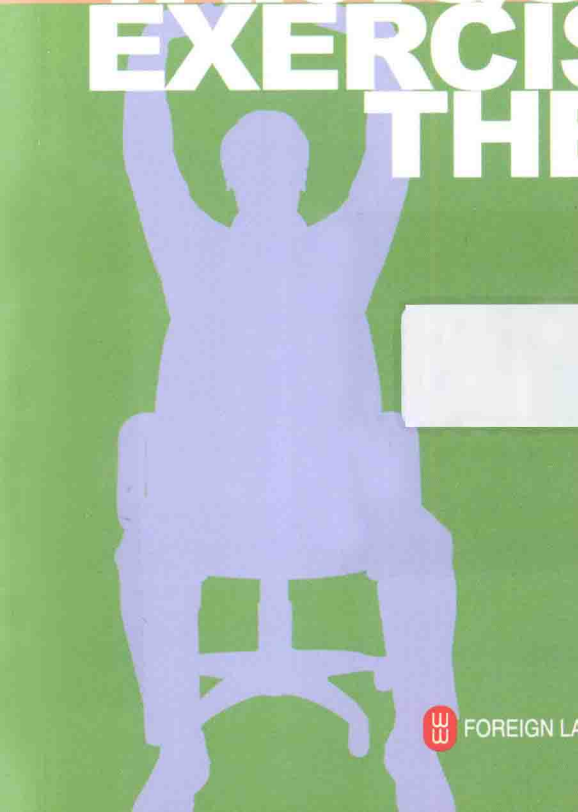


10

10-MINUTE PRIMER



TAIJIQUAN EXERCISES FOR THE OFFICE



FOREIGN LANGUAGES PRESS

10-MINUTE PRIMER

**TAIJIQUAN
EXERCISES FOR
THE OFFICE**

Zhou Qingjie



FOREIGN LANGUAGES PRESS

图书在版编目 (CIP) 数据

办公室太极拳 / 周庆杰著. — 北京 : 外文出版社, 2013

(中国传统养身保健. 十分钟入门)

ISBN 978-7-119-08624-8

I. ①办… II. ①周… III. ①太极拳—基本知识 IV. ①G852.11

中国版本图书馆CIP数据核字(2013)第263978号

英文翻译: 冯 鑫 严 晶 曲 磊

英文审定: Paul White 周晓刚

责任编辑: 杨 璐

装帧设计:  吾昱书妆

插图绘制: 张新宇

印刷监制: 张国祥

十分钟入门 办公室太极拳

周庆杰 著

©2013外文出版社有限责任公司

出 版 人: 徐 步

出版发行:

外文出版社 (中国北京百万庄大街24号)

邮政编码: 100037

网 址: <http://www.flp.com.cn>

电 话: 008610—68320579 (总编室)

008610—68995852 (发行部)

008610—68327750 (版权部)

印 刷: 北京中达兴雅印刷有限公司

开 本: 787mm × 1092mm 1/16 印 张: 9

2013年12月第1版第1次印刷

(英)

ISBN 978-7-119-08624-8

05500 (平)

版权所有 侵权必究 有印装问题可随时调换

Contents

1

Preface

9

Basic Requirements of Taijiquan

—From Head to Feet

15

Sitting Position

—Like a Pine

47

Standing like a Pine Tree

—Standing Stances of Taijiquan

63

Moving like the Wind

—Single-Posture Taijiquan in Motion

105

How to Release the Force of Taijiquan

117

Meeting Friends Through Martial Arts

—Pushing Hands of Taijiquan

Taijiquan is ideal for office workers. When people do Taijiquan exercises they are required to focus the mind on the soft and slow movements of the body, which effectively relieves stress and tones up the metabolism and muscles. There are many methods of practicing office Taijiquan. People can choose from a number of movements to find what is most practical for their working conditions. The exercises can be done in all sorts of environments, quiet or noisy, and in a sitting, standing or even in a moving mode. You can practice them alone, or together with others. The movements can be gentle, or they can be a combination of firmness and flexibility. You can adapt the exercises to whatever best suits your needs. A couple of minutes per technique are enough. Of course, the more time you can afford to spend on each exercise, the better. Office Taijiquan exercises don't require any special equipment; desks, chairs or walls are enough.

What's more, the relaxed and calm mood induced by the Taijiquan exercises enhances work efficiency. With a clear and creative mind, you will find it easier to approach the problems that seemed so vexing a few minutes previously.

Please read the following section carefully before embarking on this course. It will help you to better understand the characteristics of office Taijiquan, and speed up the efficiency of your learning.

Easy to Learn

In its traditional forms, Taijiquan is normally composed of many movements, each of which is called a “step.” To practice such a set of movements needs at least three or four minutes, or even ten minutes. Obviously, office workers never have so much time. In addition, the steps of traditional Taijiquan are in sequence, and take a lot of time to learn. Office Taijiquan is different. It includes only several movements that have specific functions for fitness. Learners can easily master these movements through repeated training. The time is flexible; one to two minutes, or just several dozen seconds are fine. Six to eight repetitions of an office Taijiquan movement lasting one to two minutes is in line with the “smooth” principle of traditional Taijiquan, so it has the same effect.

Of course, if office workers have more time and are very interested in the exercises, it is better for them to learn one or two styles of traditional Taijiquan. Long-period and systematic training will have better effects. Traditional Taijiquan styles are like a meal, while office Taijiquan is just a snack. Their functions and values are different. In the office, it is inconvenient to have a meal, but a snack is all right.

Proper Contents

All the movements in this book were carefully selected from popular Taijiquan styles. They are easy for office workers to learn, and establish a good foundation for further learning.

The movements in every chapter are specially designed for the special postures and conditions of office workers, and have their respective target body parts.

The contents are set in an order of movements for the upper limbs, the trunk, the lower limbs, balance and the whole body, and each movement will include left- and right-side practices as far as possible. For example, Taijiquan's positions are divided into two parts—dynamic and static. There are also two methods of generating force—visible and invisible. The routines in this book include both middle-level physical workouts suitable for the average person, such as Sitting Taijiquan, Taiji Static Position and Taijiquan in Locomotion, and heavier schedules for stronger practitioners, like Taiji Dynamic Position, Power-Releasing Taijiquan and Taijiquan Push-hands.

The major purpose of the book is to satisfy the needs of office workers for physical exercise in the midst of their sedentary routines.

Free to Choose

The movements in each chapter have no fixed order. An office worker is free to choose any of them according to his/her own physical condition, surroundings and schedule. The author hopes such arrangements can help office workers practice conveniently.

If the pressure of work means that you have no time to stand up, the hand movements can be practiced. You can practice a Taiji dynamic position while waiting to copy files. During longer breaks, you can practice some exercises in locomotion in the corridor, or push hands with other practicing colleagues.

Training the Whole Body

Office Taijiquan has all the benefits of traditional Taijiquan, especially in clearing away undesirable emotions, releasing pressure and improving balance.

Regardless of whether the worker is standing, sitting or walking, office Taijiquan requires the practitioner's upper

body to be naturally upright, with the chest drawn in and the belly relaxed. Doing so relieves pressure on the spine when sitting and hence improves its stability; at the same time, it clears blood stasis caused by long-time sitting and streamlines the circulation of the blood.

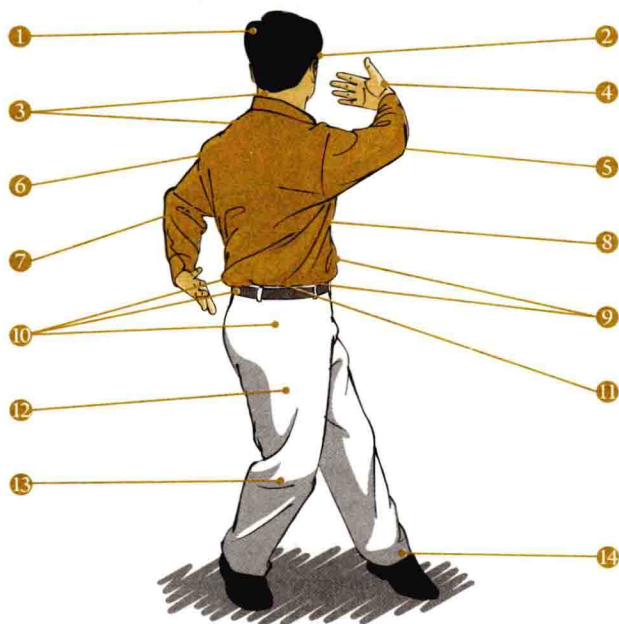
In fact, the postures and movements of office Taijiquan are quite beneficial for the circulation of the blood. When doing the exercises, the body is in a state of positive relaxation. Stretching positions and smooth movements make the muscles contract and expand in tempo. Energy and nutrients are transported to the various organs and tissues of the body, and metabolites are swept away from the body. The inner environment of the body is therefore well balanced.

When practicing office Taijiquan, breathe naturally, deeply and long, coordinating the movements with the expansion and contraction of the thorax. This enlarges the thorax and improves the lung functions.

In office Taijiquan, the movement of the arms, hands, legs, feet and body are highly coordinated. The body is controlled by the mind. During the exercise, the mind is rested, and feelings of fatigue go away. The brain therefore benefits. This is exactly what those who do brainwork-intensive office work need. Few other forms of physical training benefit the brain like office Taijiquan does.

In this small book, the author gives both an idea of building fitness through practicing office Taijiquan and some training schedules. Moreover, the author hopes that the book can encourage office workers to pay more attention to fitness. With good habits, benefits will naturally follow.

Picture: Taijiquan training various parts of the body



- ① Improves blood supply to the brain, refreshes the spirit and relieves pressure.
- ② Comforts the eyes, and prevents and cures eye diseases.
- ③ Enhances blood supply to the shoulder and neck muscles, relieves their tiredness, and prevents and cures shoulder and neck pain.
- ④ Improves blood circulation of the hands, and relieves wrist pain caused by long-time use of a computer mouse.
- ⑤ Improves blood circulation of the upper limbs.
- ⑥ Expands the shoulder joints' range of motion.
- ⑦ Stimulates the spinal nerves, relieves the tiredness of back muscles, and prevents and cures back pain.
- ⑧ Stimulates the internal organs, increases the functions of the stomach and intestines to speed the digestion and absorption of food.
- ⑨ Burns waist fat, and promotes healthy weight-loss.
- ⑩ Improves blood circulation in the waist, sacrum and crotch, and prevents and cures the pain and disease in these areas.
- ⑪ Stimulates the kidneys, and improves their physiological functions.
- ⑫ Improves blood circulation of the lower limbs, and enhances the muscle strength of the legs and feet.
- ⑬ Enlarges the knee joints' range of motion, and nourishes and intensifies the knee joints and neighboring tissues.
- ⑭ Activates the ankles, and helps the blood flow back to the heart from the feet.

The background of the entire page is a repeating pattern of line drawings of a person in various Taijiquan (Tai Chi) postures. These drawings are arranged in a grid-like fashion, with some postures appearing more frequently than others. The postures include various standing, walking, and seated positions, some with arms extended and others with hands held close to the body. The drawings are in a simple, sketchy style, using black outlines on a light background.

Basic Requirements of Taijiquan —From Head to Feet

Taijiquan exercises have specific standards for the movements of various body parts. It takes time to reach these standards, of course, but gradually, through the exercises, they will become a part of your daily life.

Body Part Postures

- Head: Straight and steady, as if balancing something on the top
- Face: Relaxed facial muscles and cheerful expression
- Eyes: Follow the hands, while paying attention to the up, down, left and right directions.
- Ears: Listen to left and right, as well as behind.
- Nose: Breathe naturally.
- Mouth: Naturally closed, with the tongue touching the upper palate
- Chin: Slightly withdrawn
- Neck: Naturally upright. Keep the muscles relaxed, not stiff.
- Shoulders: Relax shoulder joints, and let the shoulders down.
- Elbows: When the arms stretch forward or to the

sides, the elbows should be slightly bent.

- Wrists: Relaxed, not stiff
- Fingers: Naturally spread, with the palms slightly curved
- Ribs: Slightly withdrawn
- Chest: Slightly withdrawn and comfortably relaxed
- Abdomen: Relaxed
- Back: Do not clench the shoulder blades.
- Spine: Straight and upright
- Waist: Relaxed
- Crotch: The thighs should be in a natural posture.
- Hips: Let the hips down and withdrawn. Do not protrude them backward.
- Knees: Let the knees bend naturally and make the knee joints face the same direction as the toes.
- Ankles: Relaxed, not tensed
- Feet: The toes and the soles of the feet should be connected to the surface of the ground, with the arches hollow.

Requirements for Movements and Postures

Moving Smoothly and Continuously

When practicing Taijiquan, the speed should be even and slow. The movements ought to be continuous, without any obvious pause. The process should be smooth, like moving clouds and flowing water.

Moving in Curves

All the body parts should be slightly bent. Particularly, the upper and lower limbs should be in obvious arc shapes. For example, the bent elbows and knees in the standing position. On the other hand, the movements are all round or curved. For example, the movements of the hands and arms in the “cloud hands” technique.

Coordinating the Hands and Feet

Only when hands and feet are coordinated can the Taijiquan movements be integrated and smooth; for example, in the technique “The Golden Rooster Stands on One Leg,” the bent hands and knees should be raised together in coordination.

Clear Division of Emptiness and Solidness

When practicing Taijiquan in motion, the torso is constantly shifted between the legs, as one leg supports (solidness) and the other leg assists (emptiness). For example, when practicing the move “Brush Aside over the Knee in the Reverse Forward Position—Left and Right,” the shift of the torso from leg to leg is quite clear.

Keeping the Body Light, Agile and Steady

It is important to be agile and gentle when practicing Taijiquan. You should step like a cat, i.e., when stepping forward, move the leg lightly and place it on the ground steadily as if it were a cat's paw.

Requirements for Practice

Breathing Normally

When practicing Taijiquan, try to breathe normally. Don't take deep breaths, and don't hold your breath so that you end up panting. The breath in practice should be like water pouring on the ground, flowing naturally to the lower position. It is a natural process, so interference with one's

breathing should be avoided.

Keeping the Body Relaxed

It is a prerequisite and foundation for practicing Taijiquan to be relaxed. What does “relaxed” mean? It means that the whole body—joints, muscles, organs and the nervous system, from head to feet—are in a natural state of relaxation. How can you be sure that you are really relaxed? If you secrete saliva with a slight sweet taste in your mouth when doing Taijiquan exercises, you are relaxed.

Using the Mind, Not the Strength

A major characteristic of Taijiquan is that the movements are initiated and directed by the mind; the strength is not an important factor. Practicing Taijiquan is just like doing “mind exercises.” How can you use the mind? The methods are: Imagine the movement before doing it, and imagine the next movement when you are doing the present one. For example, when practicing the movement “Brush Aside over the Knee in Reverse Forward Position—Left and Right,” you need to first imagine pushing the palm before really doing it, and then push the palm. When pushing the palm, the next movement should be in your mind. Following such a process, the mind and movements are combined as one whole.