

## Warm-up Exercise (Nuan-Shen Cao) Exercise Instruction Notes

### 1. Body Warming:

Ready position: Body straight, hands to the side. Feet apart about one and half of the shoulder width, fingers closed together.

Movement 1: While squatting down, raise hands to the front, five fingers closed together, hands facing down. Slowly breathing in from the nose.

Movement 2: Raise up, hands high up, palm facing front, continue to breath in.

Movement 3: Lower hands to the side at shoulder height, keep breath in to full lung capacity.

Movement 4: Lower hands to the ready position, while breathing out from the nose.

Breathing: inhale through nose into the lung for movement 1 through 3, then exhale through nose for movement 4.

### 2. Tension Release:

Ready position: Tighten the underarm, arms up to the chest, two fists facing each other, thumbs out

Movement 1: Hands pulling up, five fingers spread out, palms facing each other, then back to the ready position

Movement 2: Hands striking down, five fingers spread out , palms facing each other, then back to the ready position

Movement 3: Arms reaching out, five fingers spread out , palms facing each other

Movement 4: Cross fists at the chest, left fist on top, open arms to both sides, five fingers spread out, hands facing down.

Breathing: Try to practice Ho, Ho, Ho while tucking in the tummy.

Breath in through the nose, breath out through the mouth while making the Ho sound.

### 3. Body Balancing:

Ready position: Body straight, hands to the side. Feet slightly apart to keep the balance.

Leg lifting practice: Lift leg up as high as possible, knee to the front, tilt up the ankle.  
Arms swing practice: form fists, lift up the elbows, about shoulder height. Swing both arms to each side, lower arm slightly out, fists facing backward, eyes looking at the opposite side of the knee.

Movement 1: left leg up, arms to the right, eyes looking at the left knee. Back to the ready position, head straight.

Movement 2: Right leg up, arms to the left, eyes looking at the right knee. Back to the ready position, head straight.

Breath in through the nose, breath out through the nose and mouth.

## Body Strengthening (Jian-Shen Cao) Exercise Instruction Notes

### 1. Thoracic Stretch:

Ready position: Body straight, hands to the side. Feet apart about one and half of the shoulder width.

Movement 1: Raise hands in fists, turn fists outward at waist level.

Movement 2: Cross fists in the back, left fist on top.

Movement 3: Open hands (five fingers spread out) to the sides and cross in the front, left hand on top.

Movement 4: Open arms and move hands upward in circular motion, cross hands on the top, continue to move downward, open to the sides, lower arm bending inward.

Movement 5: a. Cross hands and move upward, open on the top and move downward to make fists

b. Both fists in the front at the waist level, fists facing up.

Movement 6: Lift up the elbows in parallel until elbow at shoulder height.

Movement 7: Push up the elbows.

Movement 8: Open hands to the sides (five fingers spread out)

Movement 9: Back to the ready position.

### 2. Shoulder Pounding:

Ready position: Body straight, hands to the side. Feet apart about one and half of the shoulder width.

Movement 1: Raise left hand up in fist, pound on the right shoulder blade.

Turn head to the left, keep right hand down.

Movement 2: Raise Right hand up in fist, pound on the left shoulder blade.

Turn head to the right, keep left hand down.

Tips: Head and the pounding fist are always in an opposite direction.

Lower hand always open wide (five fingers spread out)

### 3. Ankle Lifting:

Ready position: Body straight, hands to the side. Feet apart about one and half of the shoulder width.

Movement 1: Raise hands to the front, hands facing down

Movement 2: Tippy toe and squat down, hands to the side, palm facing down, hold for 3 seconds.

Movement 3: Raise up to movement 1 position, hands in the front.

Movement 4: Back to the ready position

Tips: Five fingers always spread out

#### 4. One arm swing:

Ready position: Body straight, hands to the side. Feet apart about one and half of the shoulder width.

Practice:

- a) Pelvis movement: Knees slightly bent, put hands on the pelvis, head straight, rotate pelvic bone, left, right, left, right. Do not shake the butt.
- b) Arm swing: Arms in full extension, hands open wide, similar to the backstroke/freestyle in swimming, put one hand on the shoulder, swing the other hand in big circle from front to back/back to front.
  - Palm facing sideways and crossing in diagonal when motion through the front
  - Hand crossing like a knife

Movement 1: Knees slightly bent, put right hand on the left shoulder, swing left hand in full stretch from front to back (backstroke). Rotate pelvic bone from side to side.

Movement 2: Knees slightly bent, keep right hand on the left shoulder, swing left hand in full stretch from back to front (freestyle). Rotate pelvic bone from side to side.

Movement 3: Change hands, swing right hand in backstroke motion

Movement 4: Keep left hand on the right shoulder, swing right hand in Freestyle motion.

#### 5. Double-Arm Swing:

Ready position: Body straight, hands to the side. Feet apart about one and half of the shoulder width.

Tips: Similar to the one arm swing, now 2 arms swing in rotation. Left arm first, followed by the right arm.

Movement 1: Knees slightly bent, swing left arm in Backstroke motion.

Movement 2: When left arm finishes the swing circle and back to the side, rotate to the right arm. Both in Backstroke motion.

Movement 3: Knees slightly bent, swing left arm in Freestyle motion.

Movement 2: When left arm finishes the swing circle and back to the side, rotate to the right arm. Both in Freestyle motion.

## 6. Side Swing:

Ready position: Body straight, hands to the side. Feet apart about one and half of the shoulder width.

- Bend down, knees straight, both hands swing in the same direction, head turns to the opposite side.
- Keep the swings in rhythm, like the pendulum in the clock swings back and forth, tick tock, tick tock ....

Movement 1: Swing both hands to the left, keep the upper hand at shoulder level. Head turns to the right.

Movement 2: Swing both hands to the right, head turns to the left.

## 7. Circular Motion:

Ready position: Body straight, hands to the side. Feet further apart.

Practice tips:

- Fingers crossed, thumbs and small fingers gently touch each other, each forming a triangle. Keep all other fingers straight, finger tips not touching the back of the hands. Keep the diamond hands flat.
- At 6 o'clock position, squat down, diamond hands down
- Gradually raise the body in a clockwise movement, keep the upper body straight. Use the thigh muscle to motion.
- At 9 o'clock position, both knees bent to the left, keep the weight on the left knee. Do not lean forward, keep the upper body straight.
- At 12 o'clock position, raise up, hands facing out at eye level.
- At 3 o'clock position, both knees bent to the right, keep the weight on the right knee. Do not lean forward, keep the upper body straight.

Round 1: Move hands and legs in clockwise direction, eyes look at the diamond hands.

Round 2: Move hands and legs in counterclockwise direction.

At the end of each round, raise up, keep the fingers crossed, diamond hands facing down.