BREATHING - 11  MOVEMENT: Crane Takes Flight
Part One

Stand with feet flat, parallel, hip-width apart. Knees slightly bent, weight evenly distributed over feet. Low back relaxed, chin tucked, head lifted from above, arms relaxed. Bend knees and lower body. Straighten knees while raising hands to shoulder height at sides, leading with wrists. Bend knees while lowering arms, leading with wrists.
BREATHING - 12 MOVEMENT: Crane Takes Flight
Part Two


Repeat _____ times.
BALANCE - 6  Bear Roots on One Leg
Reminder

Knees remain flexed as the weight shifts from one foot to the other. The knee of the stable leg remains aligned with foot and should not extend beyond toes. The unweighted leg is lifted to the front of body by flexing the hip and knee. Keep body upright, pelvis balanced. Avoid tilting to side, arching back or sticking hip out.
BALANCE - 4  Bear Roots on One Leg

Stand in *Horse Stance*, elbows bent, forearms parallel to floor, palms face down. Shift weight onto one foot. Lift unweighted foot. Hold _____ seconds.

Repeat _____ times each side.
BALANCE - 14  Flying Crane

Start with toes pointing out 20-45°, arms relaxed at sides. Bend knee while shifting weight 100% onto one foot. Lift knee of unweighted foot to front while raising arms to shoulder height at sides, leading with wrists, fingers touching thumbs. Return to start position while lowering arms, leading with wrists.

Repeat ___ times on each side.
BALANCE - 17 Dancing Crane

Start with toes pointing out 20-45°. Arms rounded as if holding a ball. Bend knee while shifting weight 100% onto one foot. Lift unweighted leg to diagonal. Simultaneously open arms expressively.

Repeat _____ times each side.
WEIGHT SHIFTING - Tai Chi 70/30 Stance

Start with feet flat, parallel, hip-width apart. Knees slightly bent, weight evenly distributed over feet. Shift weight onto one foot. Turn pelvis, torso, other leg outward 20-45° pivoting on heel. Shift weight 100% onto diagonal foot. Step directly forward with unweighted foot. Shift weight 70% onto front foot, trunk facing forward. Can then shift from front to back foot