

Bonus Companion for Tai Chi for Beginners

5-Minute Morning Tai Chi Routine

A gentle, structured way to wake up the body, improve circulation, and begin the day with calm focus.

This routine is designed for beginners who want a realistic morning practice they can actually maintain. Instead of asking for a long session, it gives you a short, repeatable sequence that helps you create momentum from the very start of the day.

What this bonus is for

The biggest challenge for most beginners is not understanding Tai Chi — it is turning it into a habit. This morning routine solves that by giving you a simple 5-minute plan you can complete before the day gets busy.

The purpose of this routine: to make daily practice easy enough to repeat, useful enough to feel worthwhile, and structured enough to build confidence over time.

Why it has real value

- **It creates consistency:** a short morning session is easier to maintain than an occasional long session.
- **It improves readiness:** gentle movement helps reduce stiffness and wake up the joints.
- **It builds confidence:** repeating a predictable sequence helps beginners remember the forms faster.
- **It supports calm energy:** breath-led movement can help you feel more grounded before a busy day.
- **It connects to the main book:** this routine becomes your daily entry point into a deeper Tai Chi practice.

How to use it

When to do it	How to approach it	What to focus on
Right after waking up, or after a glass of water	Practice slowly, without rushing or forcing range of motion	Breath, posture, softness, and smooth transitions

On busy mornings	Do the 5-minute version exactly as written	Showing up, even if the practice is brief
On better-energy mornings	Repeat the sequence once more or continue with the main book	Flow, body awareness, and relaxed control

Important beginner mindset

You do not need to perform each movement perfectly for this routine to help you. The real win is repetition. Morning Tai Chi works best when it becomes familiar, gentle, and dependable.

Your 5-Minute Morning Flow

Move naturally and breathe without strain. If a movement feels awkward at first, make it smaller and slower. The goal is to wake up the body, not to impress yourself.

Minute	Movement	Purpose	How to use it well
1	Opening + Deep Breathing	Transitions you from sleepiness or mental clutter into calm awareness.	Stand or sit tall, inhale gently, exhale slowly, and let the shoulders drop.
2	Commencing Form	Begins whole-body coordination and eases stiffness out of the arms and upper body.	Lift and lower the arms with control, matching the movement to your breath.
3	Wave Hands Like Clouds	Encourages flowing movement, torso mobility, and gentle mental focus.	Move side to side smoothly and let the hands drift in a relaxed pattern.
4	Brush Knee and Push	Connects the arms, torso, and weight shift into one coordinated motion.	Keep the motion soft and deliberate rather than fast or forceful.
5	Closing Form + Quiet Breathing	Finishes the routine with steadiness so you carry calm into the rest of the day.	Lower the hands slowly, breathe naturally, and notice how your body feels.

If you have 2 extra minutes

Add one extra round of **Wave Hands Like Clouds** and one extra round of **Brush Knee and Push**. This extends the routine without making it complicated.

How this works with the main book

Think of this bonus as your **daily entry point**. The main book teaches the broader system, techniques, and context. This morning routine helps you turn that knowledge into action. In other words:

Main book	This bonus
Teaches you the deeper method and movements	Helps you practice consistently in real life
Builds understanding	Builds habit

Expands your routine over time	Gives you a simple daily starting point
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Troubleshooting for beginners

If this happens...	Try this
You feel stiff in the morning	Make the movements smaller for the first 60 seconds, then gradually relax into a fuller range.
You forget the sequence	Keep this PDF nearby for the first week, then aim to memorize just the order rather than every detail.
You feel unsteady	Use a chair or wall nearby and prioritize posture and breath over depth of movement.
You feel rushed	Slow down rather than skipping. A calm 3-minute practice is better than a hurried 5-minute one.
You miss a day	Resume the next morning without guilt. Consistency matters more than perfection.

Simple 7-day challenge

Do this routine every morning for one week. By day 7, most beginners notice that the sequence feels easier to remember, the body feels less stiff at the start of the day, and daily practice feels much more achievable.

That is the real purpose of this bonus: to help you become the kind of person who practices Tai Chi regularly.