

Tai chi moves step by step

By the fitvee team · Last updated October 30, 2026

The 7 tai chi moves of our walking plan, in the order they come.

Keep a wall, a counter or a sturdy chair within reach.

1 Tai chi opening

Walking plan: 25 of 28 days.

- ① Stand with your feet hip-width apart, knees soft. Let your arms hang.
- ② Breathe in. Let your hands float forward and up to shoulder height, palms down, as if the water is lifting them.
- ③ Pause with your elbows soft and your shoulders low.
- ④ Breathe out. Bend your knees a little as your palms sink down to your thighs.
- ⑤ Repeat 6 times, slowly.



Easier: Lift your hands only to waist height, and rest one hand on the wall or counter.

Take care:

- Balance: keep a wall or counter within reach. Stay in the range of knee bend that feels steady.
- Sensitive shoulders: lift your hands only to chest height.
- Sensitive knees: bend only a little.

2 Tai chi step

Walking plan: 4 of 28 days.

- ① Stand beside the counter or the wall, one hand on it. Feet hip-width apart, knees soft.
- ② Shift your weight onto your left foot.
- ③ Slide your right foot forward about half a foot's length, touching the floor with your heel first and your toes up.
- ④ Roll the foot down slowly. Move your weight forward when you feel steady.
- ⑤ Shift back and bring the foot in. Do 4 steps, then turn around slowly in small steps, one hand on the wall or counter, so it is on your other side. Do 4 steps on that side.



Easier: Touch the heel forward only, without moving your weight onto it, then bring it back.

Take care:

- Balance: keep a hand on the wall, counter or chair back. Take small steps only.
- Sensitive knees: keep the step short and the knee soft.
- Hips: keep the steps small.

3 Closing form

Walking plan: 25 of 28 days.

- 1 Stand with your feet hip-width apart, knees soft.
- 2 Breathe in and float your hands up in front of you, palms down, to chest height.
- 3 Breathe out. Let your knees bend a little as your palms sink slowly to your sides.
- 4 Keep your feet hip-width apart, with a hand on the support if you like, and stand quietly for 3 breaths.
- 5 Notice how you feel. Repeat the lift and sink twice if you like.



Easier: Skip the knee bend. Just float your hands up and lower them.

Take care:

- Balance: keep a wall, counter or chair back within reach, and hold it if you feel unsteady.
- Stand up slowly after sitting.
- Sensitive shoulders: lift your hands only to waist height.

4 Wave hands like clouds

Walking plan: 13 of 28 days.

- 1 Stand with your feet hip-width apart, knees soft, a wall or kitchen counter within reach.
- 2 Let your weight move onto your right foot. Your right hand floats up to chest height, palm facing you. Your left hand rests low, near your belly.
- 3 Shift your weight slowly to your left foot. Your hands pass each other in front of your chest and swap places.
- 4 Keep your chest and hips facing forward. Only your arms and weight move.
- 5 Keep going, side to side, for the time on your page.



Easier: Keep your feet planted and just shift your weight a little, with your hands low.

Take care:

- Balance: stand beside the wall or counter. Keep the weight shift small.
- Sensitive shoulders: keep your hands at or below chest height.
- Sensitive knees: keep them soft.

5 Embrace the tree

Walking plan: 2 of 28 days.

- 1 Stand with your feet hip-width apart, knees soft.
- 2 Let your weight sink evenly through both feet.
- 3 Lift your arms in front of your chest, rounded, with your fingers a hand's width apart, as if hugging a big tree.
- 4 Keep your shoulders low and your elbows below your wrists. Let your crown reach up.
- 5 Stay here for 30 seconds, breathing slowly through your nose.

Easier: Hold for 20 seconds, or rest your hands on your belly. Rest one hand on the wall or counter if you wish.

Take care:

- Sensitive shoulders: lower your arms until the hug feels light, even to your belly.
- Sensitive knees: keep them very soft, not deeply bent.
- Balance: keep a wall or counter within reach. If you feel light-headed, lower your arms and sit down.

6 Part the horse's mane

Walking plan: 12 of 28 days.

- 1 Stand with your feet hip-width apart, knees soft.
- 2 Shift your weight onto your left foot. Hold your hands in front of your belly, as if holding a ball.
- 3 Breathe in. Slide your right foot a short way forward, heel touching first, with little weight on it.
- 4 Breathe out. Shift your weight forward, your right hand rising to chest height and your left hand sinking by your hip.
- 5 Shift back, bring your foot in, and repeat on the other side. Do 4 rounds on each side.



Easier: Stay stationary: do the weight shift and arms without stepping. If you feel unsteady, do it beside the counter with one hand on it and move only the other arm.

Take care:

- Balance: keep a wall or counter within reach. Take small steps only.
- Sensitive knees: keep your front knee soft.

7 Brush the knee

Walking plan: 10 of 28 days.

- ① Stand with your feet hip-width apart, knees soft, a wall or kitchen counter within reach.
- ② Shift your weight onto your right foot. Raise your right hand, palm forward.
- ③ Breathe in. Let your left hand sweep down across your left thigh. Do not bend forward.
- ④ Breathe out. Step your left foot a short way forward, heel first. Your left hand comes to rest beside your left hip as your right hand pushes forward.
- ⑤ Shift back, bring your feet together, and switch sides. Do 4 rounds on each side.

Easier: Stay stationary: shift your weight and move only your arms. If you feel unsteady, do it beside the counter with one hand on it and move only the other arm.

Take care:

- Sensitive knees: keep the step short and your knee soft.
- Sensitive back: do not lean forward to brush the knee.
- Balance: keep a wall or counter near.

Stop any move that hurts. Stop and rest if you feel chest pain or pressure, dizziness, a racing or uneven heartbeat, or unusual shortness of breath. If it is severe or does not ease with rest, call 911.