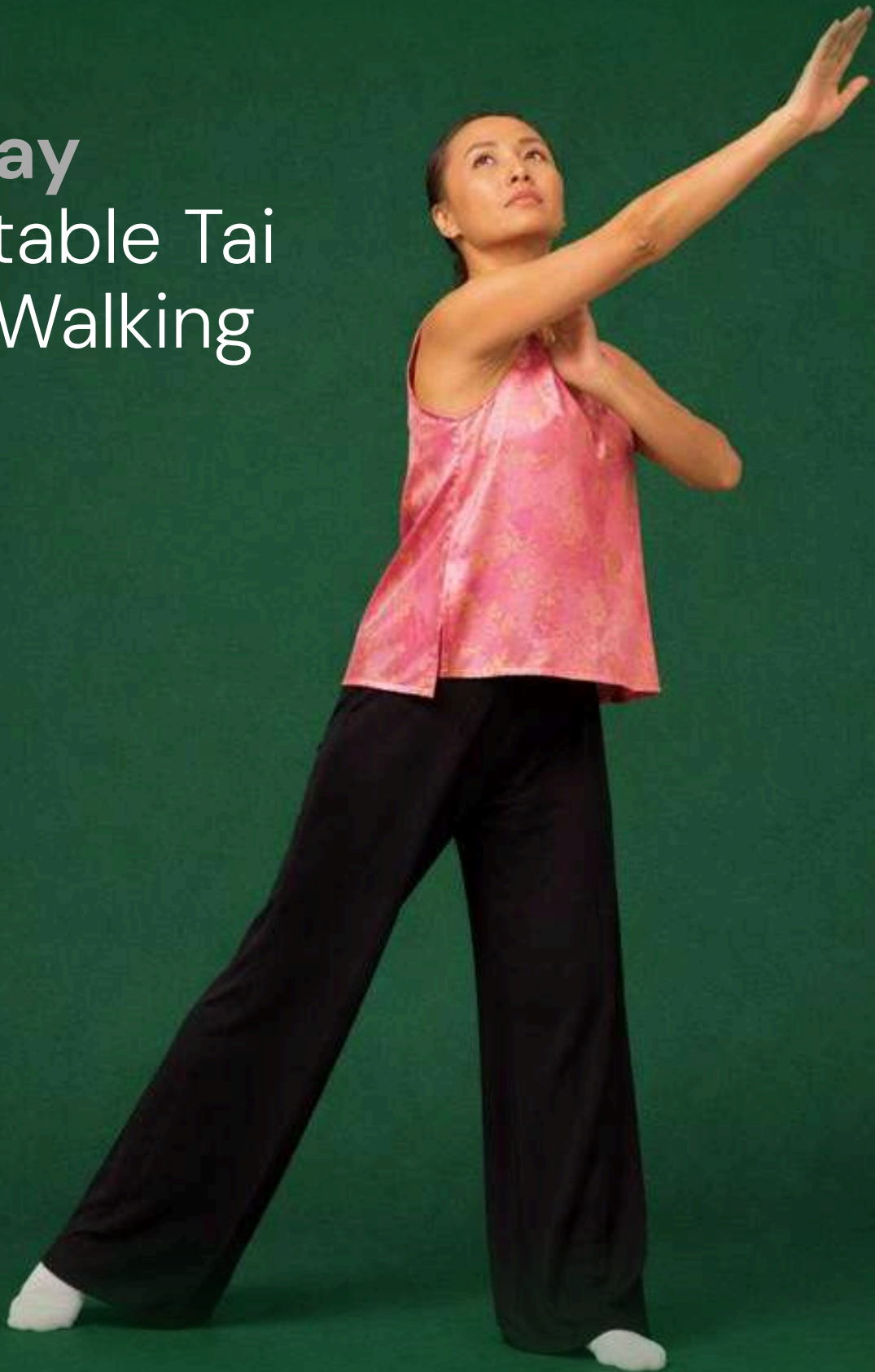


# 7-Day Printable Tai Chi Walking Plan



Disclaimer:

This PDF is a complimentary resource included with your subscription. To access your primary purchase — the full TCIW Plan — please use the app.

Check your email for login details and instructions on how to access the complete program.

# DAY 1

## The earth gate flow



### Warm-up: Walk with front arms circles



#### How-to:

- Start marching on the spot.
- Take your arms out wide and circle forward as you march.



#### Tip:

- Avoid leaning backward to meet your knee.
- Don't drop your arms too low.
- Don't rush the rhythm.

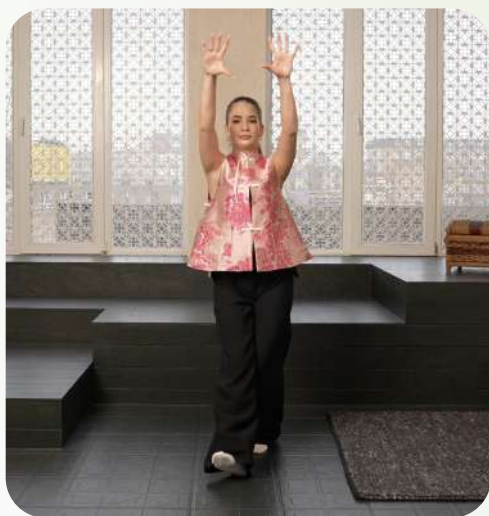


#### Mistakes to avoid:

- Keep posture upright and tempo lively.



Reps: 30s



### Heel digs forward with arm pushes



#### How-to:

- Extend one heel forward as you push both arms outward at chest height or higher, then alternate sides.
- Keep your arms strong and straight as you press.
- Add a small bounce in your step to keep it energetic.



#### Tip:

- Avoid overextending arms, it can strain your shoulders.



#### Mistakes to avoid:

- Keep your core engaged and back straight while pushing arms forward.



Reps: 30s



## Walk in a circle



### How-to:

- March in a small circle for a count of eight steps, then switch direction and circle the other way.
- Stay tall with your core engaged as you walk around.
- Adjust the circle size depending on your space.



### Tip:

- Maintain your posture tall, and adjust the circle size as needed based on your space.



### Mistakes to avoid:

- Avoid tight circles, ensure plenty of space to move freely.



**Reps:** 30s

## 3 steps + touch



### How-to:

- Take three quick steps forward and tap your foot, then take three steps back and tap again.
- Keep your arms swinging naturally or held steady by your sides.
- Move with control and avoid leaning forward as you step.



### Tip:

- Keep your arms swinging naturally and your steps quick and light.



### Mistakes to avoid:

- Avoid leaning forward as you step.
- Keep your movements controlled and avoid rushing.



**Reps:** 30s

## Cool-down: Hip rolls and marching



### How-to:

- Stand wide.
- March in place while doing hip rolls to relax and stretch your hips.
- Roll your shoulders to engage your upper body.
- This move helps bring your heart rate down.



### Tip:

- Use this movement to loosen your hips and relax while marching.



### Mistakes to avoid:

- Avoid forcing the hip rolls, keep them gentle.



**Reps:** 30s

# DAY 2

## The rising willow routine



### Warm-up: Good mornings



#### How-to:

- Stand with a slight bend in your knees, feet hip-width apart.
- Hinge at your hips, lowering your torso towards parallel with the floor, keeping your back straight and core engaged.



#### Tip:

- Keep your core tight to support your spine.



#### Mistakes to avoid:

- Rounding your back or shoulders.



Reps: 30s



### March with arms out



#### How-to:

- March in place and lift your knees high while extending your arms straight out to the sides and holding them there.
- Keep your shoulders down and strong to avoid strain.
- The combination of arm hold and high knees challenges both strength and endurance.



#### Tip:

- Avoid raising shoulders toward ears.

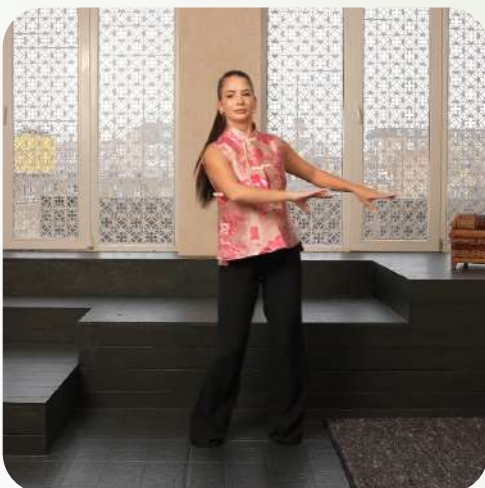


#### Mistakes to avoid:

- Keep your shoulders relaxed and chest open.



Reps: 30s



### Side steps with L-arm push



#### How-to:

- Step to the side with two steps, alternating sides.
- Add arm movements in an L-shape, like you're pushing something away.
- You can add a little hip action for more intensity.



#### Tip:

- Don't over-twist your torso.



#### Mistakes to avoid:

- Maintain a tight core and a slight hip motion for intensity.



Reps: 30s

## Torso twists with reaches



### How-to:

- Stand wide. Twist your torso side to side while reaching your arms upward as if grabbing toward the sky.
- Keep your knees soft and your core engaged to support your back.
- This move stretches the upper body while boosting your cardio.



### Tip:

- Don't over-rotate your spine.



### Mistakes to avoid:

- Keep your core tight and knees soft.



Reps: 30s

## Two side steps + tiptoe walks



### How-to:

- Rise onto your tiptoes for two short "tiptoe walks."
- Return by squatting and taking two wide steps sideways.
- Keep your core braced and ankles stable as you elevate.



### Tip:

- Avoid leaning back during kicks.



### Mistakes to avoid:

- Keep torso upright and strong.



Reps: 30s

## Cool-down: Calf raises



### How-to:

- Stand tall with feet hip-width apart.
- Keep your palms linked in front of your chest in namaste.
- Slowly lift onto the balls of your feet, raising your heels as high as possible, then slowly lower back down.



### Tip:

- Keep your core engaged to maintain posture.



### Mistakes to avoid:

- Leaning too far forward or backward.



Reps: 30s

# DAY 3

## The harmonious reach



### Warm-up: Marching in place



#### How-to:

- Stand tall with your feet hip-width apart.
- Create a namaste pose with your palms while walking.
- Lift one knee towards your chest while swinging the opposite arm forward, mimicking a walking motion.



#### Tip:

- Maintain a smooth and controlled motion.



#### Mistakes to avoid:

- Holding your breath.



Reps: 30s



### Wide stance and left arm reach



#### How-to:

- Stand tall, your legs out wide.
- Use your left hand to reach for the stars.
- As you twist, keep the right hand on your shoulder.
- Feel the twist in your upper body.



#### Tip:

- Avoid tensing your shoulders.



#### Mistakes to avoid:

- Focus on coordination and range of motion.



Reps: 30s



### Wide stance and right arm reach



#### How-to:

- Stand tall, your legs out wide.
- Use your right hand to reach for the stars.
- As you twist, keep the right hand on your shoulder.
- Feel the twist in your upper body.



#### Tip:

- Avoid over-twisting the spine.



#### Mistakes to avoid:

- Keep your right hand on your shoulder and feel the stretch through your side.



Reps: 30s



## Modified jumping jacks



### How-to:

- With arms coming halfway up, tap your toe to the side.
- Return to the initial position and repeat on the other side.



### Tip:

- Don't lock your knees or elbows.



### Mistakes to avoid:

- Step your legs out in a V shape as your arms move up and down in sync.



**Reps:** 30s



## Clapping with arms in a T



### How-to:

- Extend your arms out to the sides in a "T" shape, then bring your palms together in front of you as if clapping.
- Open them back to the "T" and repeat while continuing to march.



### Tip:

- Don't rush the claps, keep rhythm steady.



### Mistakes to avoid:

- Keep your elbows slightly bent and core active.



**Reps:** 30s



## Cool-down: Final dance



### How-to:

- Stand tall and perform gentle moves with rib cage from side to side.
- Add arms movements from side to side as if dancing.



### Tip:

- Listen to your body and stretch gently.



### Mistakes to avoid:

- Rushing the cool-down process.



**Reps:** 30s

# DAY 4

## The diagonal dragon



### Warm-up: Wide stance side reaches

**How-to:**

- Stand with your feet significantly wider than shoulder-width apart—a wide stance, hands behind the head.
- Slowly bend your torso from side to side.

**Tip:**

- Move slowly for a controlled stretch and core activation.

**Mistakes to avoid:**

- Don't collapse your torso forward.

**Reps:** 30s

### Tap and lift knees

**How-to:**

- Bend your arms in the lebows.
- Raise your left knee toward your left hand and touch it, then switch sides.
- Pull your belly button toward your spine to engage your abs.

**Tip:**

- Focus on pulling the navel in to stabilize the core.

**Mistakes to avoid:**

- Don't forget to breathe rhythmically.

**Reps:** 30s

### Forward & back walk with arm raises

**How-to:**

- Take three steps forward and back, but this time raise your arms overhead as you move.
- Keep your core engaged so your posture stays tall and steady.

**Tip:**

- Match your breathing to each step.

**Mistakes to avoid:**

- Avoid leaning forward or arching back.

**Reps:** 30s



## Marching with arms dance



### How-to:

- March diagonally forward and back.
- Simultaneously, bend your each elbow at a time and perform palm wave when you go forward.
- When you go back perform arm waves out to the sides.



### Tip:

- Keep your shoulders relaxed and down away from your ears.



### Mistakes to avoid:

- Tracking diagonally forward and back.



**Reps:** 30s



## Marching in place



### How-to:

- Stand tall with your feet hip-width apart.
- Create a namaste pose with your.
- Lift one knee towards your chest while swinging the opposite arm forward, mimicking a walking motion.
- Alternate legs and arms, maintaining a steady, comfortable pace.



### Tip:

- Engage your core for stability.



### Mistakes to avoid:

- Slouching your shoulders.



**Reps:** 30s



## Cool-down: Final dance



### How-to:

- Stand tall and perform gentle moves with rib cage from side to side.
- Add arms movements from side to side as if dancing.
- Move slowly and focus on deep breathing to aid recovery and flexibility.



### Tip:

- Listen to your body and stretch gently.



### Mistakes to avoid:

- Rushing the cool-down process.



**Reps:** 30s

# DAY 5

## The rooted phoenix



### Warm-up: Side steps with arm swings



#### How-to:

- Step one foot to the side, bringing the other foot to meet it, then repeat on the opposite side.
- Synchronize this lateral movement with arm swings, bringing arms out to the sides.



#### Tip:

- Inhale as you step out and exhale as you bring your feet together..



#### Mistakes to avoid:

- Keep your steps light and bouncy.



Reps: 30s



### Step front, step side (left leg)



#### How-to:

- Step forward with your left leg and then to the side.
- Feel free to bounce or add more hip movements to increase the intensity.



#### Tip:

- Add hip movement to increase intensity and keep your arms engaged.



#### Mistakes to avoid:

- Avoid excessive swaying.



Reps: 30s



### Step front, step side (right leg)



#### How-to:

- Step forward with your right leg and then to the side.
- Feel free to bounce or add more hip movements to increase the intensity.



#### Tip:

- Focus on fluid movements and engage your arms to add intensity.



#### Mistakes to avoid:

- Avoid excessive swaying.



Reps: 30s



## Right leg back and forth



### How-to:

- Stand tall. Take your right leg back and forth using your left leg for all the strength and balance.
- Keep your palm on your waist or hips.



### Tip:

- Use your supporting leg's strength for balance.



### Mistakes to avoid:

- Avoid arching your back.



Reps: 30s



## Left leg back and forth



### How-to:

- Stand tall. Take your left leg back and forth using your right leg for all the strength and balance.
- Keep your palm on your waist or hips.



### Tip:

- Focus on keeping your balance.



### Mistakes to avoid:

- Avoid arching your back.



Reps: 30s



## Cool-down: Hip rolls and marching



### How-to:

- Stand wide. March in place while doing hip rolls to relax and stretch your hips.
- Roll your shoulders to engage your upper body.



### Tip:

- Keep knees slightly bent for shock absorption.



### Mistakes to avoid:

- Don't twist your lower back aggressively.



Reps: 30s

# DAY 6

## The spiraling crane flow



### Warm-up: Step and shoulders



#### How-to:

- Place your hands on your shoulders, elbows bent to the sides.
- Perform energetic stepping in place, rotating your shoulders to the front at the same time.



#### Tip:

- Keep your core tight and engaged.



#### Mistakes to avoid:

- The stepping becomes a shuffle.



Reps: 30s



### Diagonal punches



#### How-to:

- Stand wide, toes slightly pointing outwards.
- Punch diagonally while going into a gentle squat position.



#### Tip:

- Exhale sharply with each punch to increase power.



#### Mistakes to avoid:

- Don't let your punches become sloppy or uncontrolled.



Reps: 30s



## Heel step



### How-to:

- Stand with weight on one leg, extend the other leg forward, tapping the heel gently on the floor.
- Shift your weight smoothly onto the front leg, then return to the starting position.



### Tip:

- Keep your core engaged for stability.



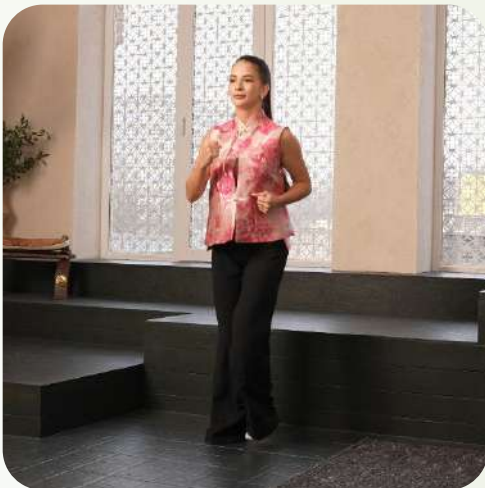
### Mistakes to avoid:

- Leaning forward excessively.



**Reps:** 30s

## Fast jog



### How-to:

- Stand wide and step side to side.
- Lean your torso slightly forward and keep your arms wide and slightly bent in the elbows.
- Add a small torso twist while the opposite foot steps lightly behind.



### Tip:

- Engage your core to stabilize your body.



### Mistakes to avoid:

- Avoid slouching.



**Reps:** 30s

## Cool-down: Calf raises



### How-to:

- Stand with feet hip-width apart.
- Keep your palms linked in front of your chest in namaste.
- Slowly lift onto the balls of your feet, then slowly lower back down.



### Tip:

- Control the eccentric (lowering) phase for better muscle engagement.



### Mistakes to avoid:

- Rushing the movement and bouncing.



**Reps:** 30s

# DAY 7

## The infinite circle completion



### Warm-up: Walk with back arms circles

**How-to:**

- Start marching on the spot.
- Take your arms out wide and circle forward as you march.

**Tip:**

- Keep posture upright and tempo lively.

**Mistakes to avoid:**

- Don't rush the rhythm.

**Reps:** 30s

### Forward step

**How-to:**

- With weight on one leg, step the other foot forward, landing heel first then rolling to the ball.
- Go back and alternate legs.

**Tip:**

- Inhale as you step back, exhale as you shift forward.

**Mistakes to avoid:**

- Lifting the back heel too soon.

**Reps:** 30s

### Backwards step

**How-to:**

- With weight on one leg, step the other foot backward, landing with the ball first then lowering the heel.
- Repeat on the other leg.

**Tip:**

- Inhale as you step back, exhale as you shift forward.

**Mistakes to avoid:**

- Lifting the back heel too soon.

**Reps:** 30s



## Side step squats



### How-to:

- Link your palms in front of your chest.
- In a squat position step out to the side with one foot, then the other.
- Return each foot to the center.
- Alternate.



### Tip:

- Inhale as you squat down, exhale as you push back up to standing.



### Mistakes to avoid:

- Letting knees cave inwards.



Reps: 30s



## Plie squats



### How-to:

- Stand with feet wider than shoulder-width apart.
- Put hands in namaste and pulse up and down in a squat position.



### Tip:

- Inhale as you lower, exhale as you rise.



### Mistakes to avoid:

- Leaning forward.



Reps: 30s



## Cool-down: Final dance



### How-to:

- Stand tall and perform gentle moves with rib cage from side to side.
- Add arms movements from side to side as if dancing.



### Tip:

- Ensure your neck and shoulders are relaxed.



### Mistakes to avoid:

- Ignoring areas of tension.



Reps: 30s