

The Chair Tai Chi Companion Pack

Everything from the book that's better on the refrigerator than in the book.

Thank you for reading. This pack holds the three pages readers ask for most. Print the ones you'll use — you can print a fresh tracker every time you start a new round.

1 THE TRUE COURSE™ CHART — 2 pages

The session shape, the eight-movement form with a cue for each, the three levels, and the complete 31-movement library. Prints on one sheet, both sides. Made to live on a refrigerator door.

2 THE 28-DAY TRACKER — 2 pages

Your before-picture on page one, twenty-eight rows on page two. Check the box, write one short line. On day 28 those six-second notes are the only honest record you'll have of the distance you covered.

3 THE DOCTOR CONVERSATION SHEET — 2 pages

The five questions from Chapter 2 with room to write the answers, plus the conditions worth naming and the stop signs. Hand page one to your doctor. Keep page two.

If you lead a class or a group, you're welcome to print any of these for your participants.

These pages summarize a program of gentle seated movement. They are not medical advice, and they don't replace the conversation with your doctor — that's what sheet 3 is for.

Your Before Picture

Answer these on Day 1. Answer them again on Day 28. Two minutes, both times.

The checkmark isn't the reward. The checkmark is the evidence. Improvement arrives so gradually that it erases its own before-picture — so write the before-picture down before you start. **Describe it in a sentence. Don't rate yourself on a scale.** Descriptions are harder to fool yourself with than numbers.

1. Getting up from a chair.

How does it feel right now — do you use your hands, do you think about it first?

DAY 1 _____

DAY 28 _____

2. Reaching overhead.

Can you reach a high shelf comfortably? What does it feel like at the top?

DAY 1 _____

DAY 28 _____

3. Turning to look behind you.

In the car, in a doorway — easy, stiff, or something you avoid?

DAY 1 _____

DAY 28 _____

4. The end of a long day.

How do your shoulders, back, and legs feel at nine in the evening?

DAY 1 _____

DAY 28 _____

I START ON

WHICH MAKES DAY 28

Put the second date somewhere you'll see it. Twenty-eight days is not long, and it goes faster when it has an end.

The 28-Day Tracker

After each session: check the box, then write one short line about how it felt.

Not an essay — a few words. *Stiff at first, better by the end.* Or *shoulders happier than yesterday.* Or *had to use Gentle today, that's fine.* Six seconds of writing. • **Some rows will be blank. A blank day is data too.** What matters is the next row, not the empty one.

1	☐	_____	15	☐	_____
2	☐	_____	16	☐	_____
3	☐	_____	17	☐	_____
4	☐	_____	18	☐	_____
5	☐	_____	19	☐	_____
6	☐	_____	20	☐	_____
7	☐	_____	21	☐	_____
8	☐	_____	22	☐	_____
9	☐	_____	23	☐	_____
10	☐	_____	24	☐	_____
11	☐	_____	25	☐	_____
12	☐	_____	26	☐	_____
13	☐	_____	27	☐	_____
14	☐	_____	28	☐	_____

Somewhere around **day 10 to 14** you'll probably have a session where something feels noticeably easier — a movement that was awkward on day 4 that suddenly isn't. Write that one down in detail. That's the day the practice stops being an experiment.

The True Course™ Chart

Your whole program, at a glance. Print it, fold it, put it where you'll see it.

THE SESSION SHAPE — TEN MINUTES

Settle

1 minute

Warm the Body

2–3 minutes

Today's Movements

5–6 minutes

Close and Calm

1 minute

THE TRUE COURSE™ FORM — IN ORDER

1. Opening the Day

Arms float up on the breath in. Elbows sink first, hands press down on the breath out.

2. Holding the Ball

One hand above, one below, a soft round space between them. Shoulders down.

3. Wave Hands Like Clouds

Hands trade places as the waist turns. Slow, continuous, no stopping at the ends.

4. Parting the Wild Horse's Mane

The ball opens on a diagonal — one hand rises away, one settles down.

5. White Crane Spreads Its Wings

Tall and light. One hand lifts above, the other opens low and away.

6. Brush Knee

One hand sweeps across and down past the knee, the other pushes forward. One breath.

7. Single Whip

One arm opens wide to the side, the other gathers small. Wide and small together.

8. Gathering the Qi

Both hands scoop wide and low, rise, and settle down the center. Put it away.

THE THREE LEVELS

Gentle — smallest range, supported.

Steady — the standard form.

Strong — fuller range, longer holds.

Mixing levels within one session is expected, not a compromise.

THE RULE THAT OUTRANKS
EVERYTHING

**If it hurts,
stop.**

The 31 Movements

The complete library, grouped as they appear in the book.

GROUP A — WARM-UPS

(waking the body up)

- A1 Shoulder Rolls
- A2 Arm Circles
- A3 Wrist and Ankle Circles
- A4 Gentle Neck Turns
- A5 Seated Spinal Wave
- A6 Awaken the Breath

GROUP B — FOUNDATIONS

(everything is built from these)

- B1 Sitting Mountain
- B2 Opening the Day
- B3 Raising the Hands
- B4 Holding the Ball
- B5 Pushing the Wave
- B6 Seated Weight Shifts

GROUP C — FLOW

(the classics, built to link)

- C1 Wave Hands Like Clouds
- C2 Parting the Wild Horse's Mane
- C3 White Crane Spreads Its Wings
- C4 Brush Knee
- C5 Repulse the Monkey
- C6 Grasp the Sparrow's Tail
- C7 Single Whip

GROUP D — BALANCE AND STRENGTH

(the work that steadies you)

- D1 Golden Rooster Lifts
- D2 Heel Raises and Toe Taps
- D3 Seated Leg Extension
- D4 Seated Twists
- D5 Side Stretches
- D6 Drawing the Bow
- D7 Holding Up the Sky
- D8 Wise Owl Gazes Backward

GROUP E — CALM AND CLOSE

(how to finish)

- E1 Calming Breaths
- E2 Gathering the Qi
- E3 Hands to Heart
- E4 Seated Body Scan

IF YOUR BODY HAS RULES

Some conditions change how a few of these movements should be done. The book gathers every one of those cautions **by condition** in the back, so you can read your own rules in one place instead of hunting through thirty-one movements. Read that page before Day 1.

EVERY SESSION, WHATEVER THE DAY

Warm up from Group A. Practice the day's movements. Close with Group E. The close is where the practice settles into you — it takes about a minute, and skipping it is the most common mistake people make.

The Doctor Conversation Sheet

Five questions, five minutes. Bring this page to your appointment.

WHAT I'M STARTING

A seated tai chi program from the book *Chair Tai Chi for Seniors Over 60*: **ten minutes a day of slow, gentle seated movement with breathing**, done in an armless chair, for 28 days. Thirty-one movements, each offered at three levels of range — Gentle, Steady, and Strong. No weights, no floor work, no standing required.

THE FIVE QUESTIONS

1. "I'm starting a seated tai chi program — ten minutes a day of slow, gentle seated movement with breathing. **Is that appropriate for me?**"

2. "**Are there any movements or positions I should avoid?**" (Show them a page or two of the book if you like.)

3. "Does anything about **my medications** affect exercise — anything that could make me dizzy or lightheaded?"

4. "Are there **warning signs I should stop for**, given my health history?"

5. "Anything you'd like me to **report back after the first month?**"

That last question turns your doctor into a teammate — and gives you a built-in reason to finish all twenty-eight days.

Before You Go

Two lists. Tick anything on the first one, and make the conversation a must, not a maybe.

MENTION THESE BY NAME IF THEY'RE YOURS

- ☐ **Recent surgery or a joint replacement** — especially hip, knee, shoulder, or spine. Your surgical team will tell you which motions are cleared, and when.
- ☐ **Osteoporosis or significant bone thinning** — ask specifically about the seated twists and the forward-bending movements, and how far is right for you.
- ☐ **Arthritis with a flare** — this program is joint-friendly, but on flare days your doctor may want you at Gentle, or resting.
- ☐ **A heart condition, or blood pressure concerns** — the pace here is calm, but get your green light — and ask about any signs to watch for.
- ☐ **Diabetes with numbness in the feet, or any neuropathy** — foot placement matters in this program; ask about footwear and sensation checks.
- ☐ **Dizziness, vertigo, or a history of feeling faint** — some head turns and reaches deserve a slower, smaller version. Your doctor can tell you which.
- ☐ **Any condition that's currently unstable** — new symptoms, a recent fall, unexplained pain. Sort that first. The book will wait. The book will still work.

THE STOP SIGNS — MEMORIZE THESE

Whatever your health picture, **stop the session and check with your doctor** if you ever feel:

- | | |
|--|--|
| • Chest pain or pressure | • Sudden or sharp pain anywhere |
| • Real shortness of breath
(beyond gentle effort) | • Unusual fatigue that doesn't match
the effort |
| • Dizziness or lightheadedness | |

Not “push through it.” Stop, rest, ask. Strong people ask.

Checking with your doctor isn't a delay. It's the first strong decision of the program. In the military we called it a pre-mission brief. Nobody skipped it, and nobody thought the brief meant the team was weak. It meant the mission mattered. Your health is the mission. Brief accordingly. — Alan