

EnerChi Sample Class Choreography

Warm-Up: 8-10 minutes (Water, PE)

1. Breath focus

- a. Introduce horse stance, finding and maintaining center of gravity through form transitions.
 - b. Begin to pay attention to your breathing.
 - c. Relax your belly. Relax your chest.
 - d. Rub your palms together briskly then release arms by your sides and notice the sensation of energy in your finger-tips.
 - e. Inhale a bit more deeply, take your time and exhale slowly, completely.
 - f. Inhale deeply, allowing your belly to expand with the inhalation.
 - g. Exhale, draw in your belly button. Feel your abdominal muscles contract.
- Cue: Imagine a balloon below your belly button, in your lower abdominals. Inhale and feel the balloon gently expand. Exhale and gently squeeze the air out of the balloon.
 - Cue: Maintain this deep, slow breath throughout your practice today.

2. Stretch back of neck

- a. Float both arms up to shoulder height, rotate palms up towards ceiling.
 - b. Bend elbows and draw palms in towards chest while bringing chin to chest.
 - c. Extend both arms forward, pushing palms front, while lifting chin parallel to the floor.
 - d. Float arms down by sides.
- Cue: Inhale to float the arms up, exhale the float the arms down.

3. Neck Rotations R-L

- a. Float both arms up to shoulder height, rotate right palm up.
 - b. Bend right elbow and draw palm to front of face while bringing left palm down by left hip.
 - c. Move right arm to right side, follow with neck rotating to right.
 - d. Move arm back to center, following with neck turning back to front.
 - e. Change hands. Move left arm to left side, follow with neck rotating to left.
 - f. Move arm back to center, following with neck turning back to front.
 - g. Extend both arms forward, float arms down by sides.
- Cue: Rotate only your neck, not your torso.
 - Cue: On the first rotation, just go about 70% of your full range of movement; 2nd rotation 80%; 3rd rotation 90%.

4. Shoulder rolls F

Shoulder rolls B

- Cue: Allow your arms to hang heavy by your sides.
- Cue: As you roll your shoulders up, back, and down relax your neck.
- Cue: Feel the gentle circles, smooth and soft.

5. Wings of a Bird

- Cue: Float out and up and down.
- Cue: Imagine soaring and riding the air currents like a bird.

6. Side to side weight shift - Tai Chi Pouring

- Introduce Empty stance, option to progress to rooster stance in work section.
 - Breath focus, maintaining center of gravity, bending knees to absorb energy.
- Cue: Feel your right leg fill with weight as your left leg empties its weight.
 - Cue: Imagine water filling one side and emptying from the other.

7. Descending the Mountain

- Bring your hands down towards your right hip. Reach up to the left corner of the room, shifting your weight to the left foot.
- With palms facing each other, zig-zag down the mountain by sweeping your arms and rotating your chest R-L 4x while at the same time shifting your weight right and left.
- Reach up to the right and zig-zag down again.

8. Figure 8's

- Wider version of horse stance, toes turned out.
 - "Hold a ball" in front of your chest. Shift weight into the left foot, tap in with the right toes.
 - Bend knees and step to the right side, leading with right big toe and shifting weight to the outside of the foot.
 - Shift weight into the right foot and turn toes out slightly towards the corner of the room. At the same time rotate torso and move hands towards the right.
 - Spiral to change hands and shift weight to the other side, bringing the ball towards that side.
- Cue: Imagine weaving back and forth in a figure 8 pattern.
 - Cue: As you feel comfortable, bend your knees a little more deeply. Keep your chest up tall.

9. Reaching Earth and Sky

- Keep legs wide and toes turned out. Make gentle fists. Bend at the elbow, drawing elbows in by your sides, palms up.
- Lift arms and cross at wrists in front of chin, palms facing in, straightening your legs and lengthening your spine.
- Open arms wide turning palms out while bending knees into a lower position.
- Sweep arms down to the earth.
- Stand tall drawing palms up front of body. Finger tips are spread open, palms face in, and fingers from each hand are close but not touching each other.

- f. Stand tall and raise your arms p towards the sky.
 - g. Draw arms back down body, landing in bent elbows beside rib cage with gentle palms up.
- Cue: Inhale when you rise, exhale when you anchor, or move downward.

10. Hug the Big Oak Tree

- Cue: Arms are out to the sides shoulder height.
- Cue: Maintain a relaxed crescent shape. Relax your shoulders. Relax your elbows.
- Cue: Arms rotate in to hug the big oak tree then draw shoulder blades towards each other as arms open wide back out to the sides.

Work: 20-35 minutes (Water, PE)

Written description of each form can be found in Unit 3 and the Exercise Library at the end of this course.

1. **Open the Door**
2. **Embrace the Moon: rotations**
3. **Embrace the Moon: reach up and down**
4. **The Cycle of the Moon R**
5. **The Cycle of the Moon L**
6. **Circle Breath - close form**
7. **Circle Breath – open form**
8. **Pierce the Clouds R**
9. **Pierce the clouds L**
10. **Open and Close**
11. **Parting Wild Horse's Mane R**
12. **White Crane Flashes Wings R**
13. **Open and Close**
14. **Parting Wild Horses Mane L**
15. **White Crane Flashes Wings L**
16. **Open and Close – close form**
17. **Open and Close – open form**
18. **Brush Knee w/spiral arms & Play the Lute L**
19. **Open and close**
20. **Pushing the Mountain R**
21. **Brush Knee w/spiral arms & Play the Lute R**
22. **Open and close**
23. **Pushing the Mountain L**
24. **Embrace Moon spiraling arms – close form**
25. **Embrace Moon spiraling arms – Open form**
26. **Stroke the Bird's Tail R**
27. **Wave Hands Like Clouds with weight shift R**
28. **Stroke the Bird's Tail L**

29. Wave Hands Like Clouds with weight shift L

30. Sinking the Chi

31. Close form

Combined cool-down and final stretch exercises: 10 minutes (Water, PE)

1. Gentle fist taps on alternating knee lifts

- Cue: Gently tap muscles of upper thigh with fists.

2. Ring the Gong

- a. Stand with feet shoulder width apart. Arms hang by sides making gentle fists.
- b. Rotate torso right and left continuously, gently swinging arms. Allow fists to gently tap lower back and abdomen.

3. Small hand circles

- a. Keep feet shoulder distance apart. Hands in front of heart, palms towards each other and elbows down.
- b. Draw a circle in front of your chest with both hands, move a few repetitions to the right, then to the left. Move smoothly and slowly. Breathe naturally.

4. Calming Center

- a. Standing feet shoulder width apart, make gentle fists. Bend at the elbow, drawing elbows in by your sides, palms up.
- b. Rotate torso towards the left while lifting right arm upward. Palm faces in.
- c. Rotate torso and arm to the right side. Palm faces in.
- d. Rotate torso front as right arm circles in and pushes front.
- e. Draw right arm back in by ribcage.
- f. Repeat on other side. 3x R-L

5. Spinal Extension and Flexion

- a. Lengthen spine and stand tall, palms in front of body, turned in towards hips.
- b. Bend knees and sit back, sliding hands down thighs.
- c. Round the spine into a "C" shape, tucking tailbone and chin in.
- d. Extend by lengthening spine, pushing tailbone back and lifting collarbones.

- Cue: Keep legs lengthened. Draw belly button in as you round forward. Imagine hollowing out your center.

6. Calf-stretch with front punch

- a. Bend elbows by sides and make gentle fists with palms up. Shift weight into one foot. Step with the other heel front. Shift weight forward heel-ball-toe while gently extending forward with opposite wrist.

- b. Step back in and draw wrist in.
- c. Repeat on other side.

7. Hip flexor-stretch

- a. 1. Extend one leg back, toe down. At the same time raise both arms forward in front of body, about shoulder height.
- b. 2. Tap center then reach foot forward while pushing both arms back behind body.
 - Cue: Option to bypass center tap and simply move foot front and back.

8. Toe-heel taps

- a. Bend both knees.
- b. Shift weight into one foot.
- c. Step forward with the other heel; tap heel-toe 3x.
- d. Step back in and switch to other side.

9. Inversion-eversion toe taps

- a. Bend both knees.
- b. Shift weight into one foot.
- c. Step forward with outside of foot/toe down; tap outside-inside 3x.
- d. Step back in and switch to other side.

10. Cross Hands

- a. Beginning with arms hanging down by sides, palms facing in, draw palms up the front of the body, crossing at the wrists (like an X).
- b. Stopping at shoulder height, separate hands rotating them outward and float them back down to sides.

Relaxation exercises: 5 minutes

The Healing Breath

- Sit all the way back in your chair. Take a moment to notice your breathing, get comfortable, and be still.
- Inhale and visualize your breath coming in through the top of your head and follow it down to the bottom of your stomach.
- Hold it there, exhaling deeply, imagining it as a ball of energy.

I visualize a soft, yellow-orange ball of energy, my own personal little sun, soothing and peaceful, warming my mind, heart, being.

- Staying in this moment, inhale and exhale, visualizing the colors and feeling the warmth of this energy with each breath.
- Take a deep breath, then exhale slowly and imagine your breath as water coursing down from your stomach, through your feet and out through the tips of your toes.

I visualize the warm, yellow-orange ball of energy melting into blue-green water flowing through my legs and exiting my body, like a peaceful waterfall in my own personal paradise.

- Remaining calm, peaceful, breathe deeply and slowly, simply noticing the breath.
- Again, inhale deeply and visualize drawing in your breath from the top of your head and down into your belly.
- Hold it there, exhaling deeply, visualizing this ball of energy.
- Staying in this moment, inhale and exhale, see the colors, feel the warmth and notice the peace with each breath.
- Take a deep breath, then exhale slowly and imagine your breath, this warm ball of energy, dissolving into blue-green water moving up and around your spine, down your arms, into your palms, and out through your fingertips.
- Stay in this moment... calm, peaceful. Breathe deeply and slowly, simply noticing the breath.