

EnerChi Forms – Written Directions

Form 1: Open the Door

1. Step open to feet shoulder-width apart, or slightly wider (horse stance).
 2. Breathe in and slowly float both arms up in front of body, shoulder height, while bending knees and “sitting” into horse stance.
 3. Breathe out, float arms down by sides, lengthening legs.
 4. Breathe in, raising arms in front of body, shoulder height, feeling yourself “sink” toward the earth.
 5. Breathe out, float arms down by sides, softly rising. Repeat the desired number of repetitions.
 6. Close form by ending with arms down by sides, returning to a standing tall position or prepare to move into next form.
- Cue: Weight is even between both feet.
 - Cue: Shoulders are relaxed.
 - Cue: Imagine yourself floating in a warm ocean wave: water comes in, float up; water goes out, float down.

Form 2: Embrace the Moon: Rotations

1. Stand with feet about shoulder-distance apart, knees gently bent.
2. Circle the arms out to the sides, in a crescent shape, fingers towards each other.
3. Circle the right arm on top, palm down; circle the left arm under, palm up, palms over each other as if holding a ball.
4. Rotate heart to the right, moving through the waist. Shift weight into right foot.
5. Change hands by spiraling the right arm under and left arm on top.
6. Rotate heart to the left, moving through the waist. Shift weight into left foot.
7. Close form by returning to center. Extend arms front. Float arms down and stand tall. Or transition into the next form.

Form 3: Embrace the Moon: Reach up and down

1. Start in Embrace the Moon
 2. Stretch top arm toward the ceiling, rotating palm up. At the same time press the bottom arm down while rotating palm down.
 3. Rotate palms to face in and bring hands together but keep going...pass through and repeat on the other side.
 4. Return to Embrace the Moon center.
 5. Close form by returning to center. Extend arms front. Float arms down and stand tall. Or transition into the next form.
- Cue: Reach to the heavens, expand to the earth.

Form 4: Cycle of the Moon

1. Start in Embrace the Moon, right arm on top.
 2. Shift weight to the left foot, tap in with the right toe.
 3. Step out right with right heel down (L-stance, heel-to-heel alignment). Shift weight heel-ball-toe, bending the right knee and straightening the left leg. At the same time rotate chest and torso to the right.
 4. Spiral and change hands. Rotate torso to the left while shifting weight to the left side heel-ball-toe, bending the left knee and straightening the right leg.
 5. Return to center and repeat on the other side.
 6. Return to center. Close form or transition into the next form.
- Cue: Allow the arm on top to let the elbow guide the direction of the rotation.

Form 5: Circle Breath

1. Stand with feet about shoulder-distance apart, knees gently bent. Arms down by sides.
 2. Extend arms forward, out in front of chest, then float down and in toward belly while bending knees and “sinking” toward the ground. Palms face each other.
 3. Draw hands up the front of the body while straightening knees and “rising.” Press arms forward in front of chest (circular movement, like a loop).
 4. Repeat the desired number of repetitions.
 5. End with palms in front of chest, fingertips upward, elbows down by rib cage.
 6. Close the form, end by extending arms in front, shoulder height, float arms down by sides and stand tall. Or transition into the next form.
- Cue: Imagine your hands are circling like the wheel of a locomotive out in front of your body.
 - Cue: Inhale and lengthen as arms draw up the front of the body; exhale and bend knees as arms extend forward and float down.
 - Cue: Float up, down and in, circular pattern up, out.

Form 6: Pierce the Clouds

1. Stand with feet about shoulder-distance apart, knees gently bent. Arms down by sides.
2. Float arms up in front, palms face each other. Bend elbows and draw palms towards chest, elbows down.
3. Shift weight to the left foot, tap in with the right toe.
4. Step right heel out to the left about hip distance, toes turned toward the left. Right and left heels in alignment (L-stance). At the same time rotate chest and arms toward the right.
5. Shift weight heel-ball-toe, bending the right knee and straightening the left leg, fingertips and arms extend forward. Palms face each other. Imagine your hands like an arrow.
6. Shift weight into back leg, bending the knee and lengthening the front leg while rotating the palms down and out opening arms to the sides and circling behind. Visualize a breaststroke.

7. Come out of the form from hands out in front, pivot on the right heel to face front, keeping palms facing each other in front of the heart.
8. Repeat on the other side.

Form 7: Open and Close

1. Stand with feet about shoulder-distance apart, knees gently bent. Arms down by sides.
2. Float arms up in front of the body. Rotate wrists so fingers are towards the sky.
3. Bring hands in, in front of chest, palms facing each.
4. Inhale, open hands to the width of your shoulders. Exhale, bring palms close together, but not touching. Repeat the desired number of repetitions.
5. Close by extending both arms in front, floating down by sides and stepping in; or transition into the next form.

Form 8: Parting the Wild Horse's Mane

1. Stand with feet about shoulder-distance apart, knees gently bent.
2. Circle the arms out to the sides, in a crescent shape.
3. Circle the right arm under, palm up; circle the left arm on top, palm down, as if holding a ball between your hands just above your belly button.
4. 2. Shift weight into left foot, lift right toes and rotate towards the right side (L-stance).
5. Keeping your left knee bent, step to the right a little more than hip-width apart. Transition weight into right foot heel-ball-toe while at the same time separating hands, bringing right hand up about shoulder height with palm up and left hand down by left hip, palm down. Your front knee should be bent with knee over ankle and back leg lengthened.
6. Shift your weight back (into left leg) while at the same time spiraling the arms, back arm up and over, front arm down and in, crossing at wrists, then shifting weight forward as hands separate again. Repeat the desired number or repetitions.
 - Cue: "Toss the frisbee."
7. From arms extended, close the movement by pivoting on the right heel to turn forward. Bring hands in front of heart, palms facing each other and elbows down. Transition to the other side, the next exercise or close form.
 - Cue: Relax your shoulders and bend your knees.

Form 9: White Crane Flashes Wings

1. Stand with feet under hips (narrow stance, preparing for empty stance), knees gently bent.
2. Circle the arms out to the sides, in a crescent shape.
3. Circle the right arm under, palm up; circle the left arm on top, palm down, as if holding a ball between your hands just above your belly button.
4. Shift weight into left leg, right toe tops down with about 10 percent body weight.

5. Extend right arm up and out, about shoulder height; extend left arm down and out to the left, toward hip, while lengthening left leg.
6. Spiral the right (top arm) down and the left (bottom arm) up rotating back to center while bending knees.
7. Extend arms again. Option to progress into all weight in the left leg. Another progression is to lift the right knee in front of body.
8. Return to center with equal weight in both feet, hands heart center, elbows down. Repeat on the other side.
9. Close form or transition into the next form.

Form 10: Brush Knee and Play the Lute

1. Stand with feet hip-distance apart (narrow stance).
2. Circle open and spiral arms so left arm extends front, shoulder height, palm up and right arm bends 90 degrees at elbow, making a crescent shape. Fingertips by left elbow, right palm down.
3. Practice spiral arms: bend left elbow bringing left palm toward left cheek and extend; lengthen right elbow by pushing right palm down toward the floor. Practice arms separate, then together.
4. When ready, transition weight into left foot, tap right toes in beside left foot.
5. Step right heel forward and slightly toward right diagonal corner (bow-and-arrow stance).
6. Shift weight forward heel-ball-toe while drawing left palm in toward left cheek and pushing or “brushing” right palm down in front of right hip.
7. Turn torso toward diagonal right, same direction as right toes and knee. Spiral left arm in and extend forward, palm forward.
8. “Play the Lute” by turning palms in towards each other. Shift weight back into left foot while drawing left elbow in toward left ribcage and extending right arm forward.
9. With weight in left foot, spiral arms to starting position and repeat “brush knee and play the lute.” Repeat desired repetitions.
10. Close form from arm extended in brush knee. Pivot on right heel to turn front and return to center, hands in front of heart, elbows down.
11. Repeat on other side, transition to the next form or close form.

Form 11: Push the Mountain

1. Stand with feet hip-distance apart (narrow stance, transitioning into bow-and-arrow stance).
2. Float arms up in front of body. Rotate wrists so fingers are toward the sky.
3. Bring hands in, in front of chest, palms facing each.
4. Transition weight into left foot, tap right toes in next to left foot.
5. Step right heel forward and slightly toward right diagonal corner (bow-and-arrow stance). At the same time rotate torso toward the diagonal right side, chest in line with hip, knee and toes.
6. Shift weight forward heel-ball-toe while bending front knee and lengthening back leg. At the same time, push hands forward, palms forward and fingertips up.
7. Shift weight back into left foot while drawing hands in toward chest, bending at the elbows, palms down. Lengthen front leg and bend back knee.
 - a. This is a small weight shift. Maintain alignment of knees over ankles.

8. Return to center by drawing hands in and pivoting on right heel to return to center. Repeat on other side, transition to next form or close form.

Form 12: Wave Hands Like Clouds

1. Stand with feet shoulder-width apart (horse stance), knees bent. Hands are in front of chest facing each other, elbows down.
2. Shift weight into left foot as torso and palms rotate toward the left front corner of the room.
3. Extend both arms forward from chest (moving toward left front corner) while shifting weight into left foot. Palms end rotating in toward you.
*Some variations teach palms forward. Both variations are appropriate for SilverSneakers EnerChi.
4. Keep right palm toward you and sweep arm across the front to the right side. Elbow remains slightly bent. Left arm sweeps down and across front, fingertips moving toward right elbow. Torso rotates toward right side. At the same time, shift weight into the right foot.
5. Change hands by lifting left palm up. Bring right palm down, fingertips by left elbow. Maintain bent elbows and a soft “L-shape” of arms. Shift weight into left foot as arms move as one unit across to the left side. Weight passes through both feet to end in left foot.
 - Cue: Image carrying a baby. Be gentle and soft, flowing from side to side.
6. Change hands. Rotate torso and hands as a unit to the right side while shifting weight into the right foot.
Repeat R-L 3x, ending on left side.
7. To close the form, bring weight back to front, even in both feet, hands in front of chest (open and close).

Form 13: Stroking the Bird’s Tail

1. Stand with feet about shoulder-distance apart, knees gently bent.
2. Circle the arms out to the sides, in a crescent shape.
3. Circle the right arm under, palm up; circle the left arm on top, palm down, as if holding a ball between your hands just above your belly button.
4. Shift weight into left foot, lift right toes and rotate toward the right side (L-stance).
5. Keeping your left knee bent, step to the right a little more than hip-width apart. Transition weight into right foot heel-ball-toe while at the same time separating hands, bringing right hand up about shoulder height, circling in a crescent shape, like a shield protecting you. Left hand down by left hip, palm down. Your front knee should be bent with knee over ankle and back leg lengthened.
6. A “hold” or practice with spiral arms can be held here by spiraling right arm down and left arm up and in. Repeat as many times as desired before transitioning to next part.

7. Scoop bottom (left) arm up to meet top (right) arm, lengthening both arms forward of body palms facing each other, then sweep both arms down together as weight shifts back, rotating torso and lifting hands toward back shoulder.
 - Cue: Place the ball on the back shelf
8. Cross wrists and shift weight into front (right) leg, heel-ball-toe, bending right knee and lengthening back (left) leg while pushing crossed wrists forward and end with arms separated, extending front.
 - Tip: Think of pushing back (left) wrist into front (right) wrist to move forward. With front knee over front ankle, separate hands shoulder-distance apart, palms down.
9. Shift weight into back foot, straightening front leg and bending back (left) knee. At the same time, bend elbows and draw both palms in toward chest.
10. Push hands down body then out and up to shoulder height while at the same time shifting weight forward, bending front leg and lengthening back leg.
11. Return to center by sweeping the left hand open across the body.
 - Cue: Open your heart
12. Pivot on right heel to face front then sweep the left hand under to Embrace the Moon. Step left toes in next to right foot. Repeat on the other side.
 - Practice upper body movement.
 - Practice lower body movement.
 - Practice both together.

Form 14: Sinking with Chi (Energy)

1. Stand with feet shoulder-width apart, knees bent.
2. Bend knees and hang arms down toward the ground.
3. Circle sweep arms out and up at sides. At shoulder height, bend elbows and bring palms in toward face, pushing hands down to the ground again.
4. Step in, feet together.
 - Cue: Imagine sinking and rising.