Free Tai Chi Walking PDF

Printable 7-day plan · step cards · daily tracker · safety checklist · No sign-up

Educational movement guidance only — not medical advice. Keep steps small and support nearby if needed.

7-Day Starter Plan

Day	Focus	Practice
Day 1	Standing posture	3 rounds of 60-second standing and breathing
Day 2	Weight shift	5 minutes shifting side to side with soft knees
Day 3	Empty step	Practice lifting one foot only after weight transfers
Day 4	Heel placement	Take 10 small heel-first steps with support nearby
Day 5	Foot roll	Move from heel toward the ball of the foot slowly
Day 6	Breath and arms	Add relaxed hands without making the step bigger
Day 7	Link the sequence	Repeat 3 slow steps, turn carefully, and return

Safety Checklist

- Clear loose rugs, cords, and clutter from the practice lane.
- Keep a wall, chair, or counter nearby if balance is uncertain.
- Use smaller steps than you think you need.
- Stop if you feel dizzy, sharp pain, chest pain, or unusual shortness of breath.
- Ask a clinician before starting if you recently fell or have major balance changes.

Daily Tracker (check each day you practice)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐

Goal: 5 to 10 quiet minutes. Stop before fatigue changes your posture or balance.

Basic Step Cards (with picture cues)

1. Stand tall
Spine long, shoulders soft, knees unlocked.

upright

2. Shift first
Move weight before lifting the empty foot.

shift

3. Lift lightly
Lift only as high as needed to clear the floor.

lift

4. Place quietly
Set the heel down without reaching forward.

heel

5. Settle fully
Let weight arrive before the next step starts.

root

NEXT STEP

Want correct form on video?

The PDF handles practice rhythm.
For weight shift, heel placement, and pace — Lesson 1 is free.

Watch Lesson 1 Free

taichi-walking.com/taichi-13

Open the link · watch the free preview · no purchase required to start Lesson 1

How to use this pack

- Print page 1 and keep it by your chair or on the fridge.
- Check one day on the tracker after each quiet practice.
- When a step feels unclear, open taichi-walking.com/taichi-13 and watch Lesson 1 free.
- Stay with small steps. Support nearby beats forcing balance.

Short course link (print-friendly)

taichi-walking.com/taichi-13

Lesson 1 free · beginners welcome · no email wall on this printable