

TJQMBB Instructor Workshop
Practice List

Learning and Practicing Forms - Days 1 and 2
Form One: Move a Ball
From Two: Part Wild Horse’s Mane
Form Three: Single Whip
Form Four: Wave Hands like Clouds
Form Five: Repulse Monkey
Form Six: Brush Knees

Practice Variations – Days 1 and 2
(1) Seated
(2) Sit-to-Stand
(3) Chair-assisted (selected forms only)
(4) Standing
(5) Forward-backward loop
(6) Walking with forms
(7) Group walking

Selective Mini Therapeutic Movements – Days 1 and 2
(1) Exercise One: Body sway around ankle joints
(2) Exercise Two: Eye-head movements
(3) Exercise Three: Sit-to-stand, stand-to-sit
(4) Exercise Four: Step-and-turn
(5) Exercise Six: Multidirectional head movements
(6) Exercise Eight: Stepping exercises
(7) Exercise Nine: Pushing hands
(8) Exercise Eleven (A and B): Stepping maneuver around a chair