

TJQMBB Instructor Workshop Practice List

Learning and Practicing Forms - Days 1 and 2

- Form One:** *Move a Ball*
- Form 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**