



Seacoast Tai-Chi Institute

www.seacoasttaichi.com

603-828-7270

Walking & Stepping Meditation Zen (Kinnin) or Chan (Jingxi)

Instructions:

Each step is practiced mindfully in a slow and deliberate method. Follow as coached in class each detailed movement. Do not rush or squander the steps, as this technique is for learning patience and balance while practicing movement. Be precise and complete each movement before going to the next movement. Imagine you are walking on *clouds* or *pillows*. Complete each stride softly and land your empty step completely down. Stay relaxed and let go of any tension throughout and breath naturally. For steps; 1 & 2 hold your hands in front of your pelvis in a Dhyana/ Ding Yin position. On steps; 3 & 4 add Embrace the Qi Ball. Always keep your back upright and your chin high. Keep your eyes gazed forward. Maintain your train of thought, be serious and enjoy. Practice each set up to 10 minutes each. After several weeks, break each set down at 3-4 minutes a part and practice with continuity.

Optional: Use a metronome and set it on a slow 5/4 count – ¼ beats at 18 BPM or tempo at 61.

1. Upright Natural 4" - 6" Steps (Place your hands together in the Dhyana/ Ding Yin position)

Hip (Check)

Leg (Shift)

Lift the Heel (Half Step)

Step (Full Empty Step)

Neutral (Center)

2. Lower Natural 8" - 12" Steps (Place your hands together in the Dhyana/ Ding Yin position)

Hip (Check)

Leg (Shift)

Lift the Heel (Half Step)

Step (Full Empty Step)

Neutral (Center)

3. High Sitting 14" - 18" Steps (Change your Qi hands when in the neutral position)

Embrace the Qi Ball

Hip (Check) Turn your foot, leg and Qi Ball all at once.

Leg (Shift)

Lift the Heel

Half Step

Step (Full Empty Step)

Neutral (Center – Turn Hands)

4. Lower Sitting 20" - 26" Steps (Change your Qi hands when in the neutral position)

Embrace the Qi Ball

Hip (Check) Turn your foot, leg and Qi Ball all at once.

Leg (Shift)

Lift the Heel

Half Step

Step (Full Empty Step)

Neutral (Center – Turn Hands)