



UPPER OTTAWA VALLEY TAI CHI CLUB



Swinging of Arms

This whole body exercise improves vision, increases the mobility of the eye, relieves fatigue, and stress. Stand looking straight ahead with your feet positioned about a foot apart. Now rotate your body, head, trunk, and all to the left, throwing your weight onto your left foot while you allow your right heel to rise from the floor. Keep your shoulders and neck straight. When you swing to the opposite side, shifting your weight to your right foot. Your arms will begin to swing with the motion moving from side to side. Do not force arms to swing, stay relaxed and they'll begin to move all on their own. Your eyes will cover about a 180 degree arc. Absolutely no attempt should be made to focus your sight on anything. Just maintain an attitude of passive relaxation, making about 30 of these arcs per minute. You should do this exercise twice daily, completing the swing from side to side 100 times. By doing this your swings right before bedtime, you'll prevent eyestrain from occurring during sleep.