

Client _____ Date _____ Depth _____ Entry/Exit _____

Ai Chi Posture / Functional Goals	Duration	Repetitions	Trunk Stabilization / Balance	Stabilize / Destab in which direction	Assistive / Resistive in which direction
Soothing					
Equal Unilateral Shoulder ROM					
Trunk Rotation - Upper Thoracic Area					
Coordinated Breath / UE / Trunk Movement					
Head Turning					
Gathering					
Equal Unilateral Shoulder ROM					
Focus Head /Eyes					
Pivoting					
Freeing					
Trunk Rotation					
Hip Positioning					
Head Turning					
Shoulder ROM					
Pivoting					
Shifting					
Weight Shifting Side to Side					
Head Turning					
Equal Unilateral Shoulder ROM					
Accepting					
Weight Shifting Forward - non-reciprocal UE					
Weight Shifting Back - non-reciprocal UE					

At this point in the progression the skills above are considered "learned".

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Ai Chi Posture / Functional Goals	Duration	Repetitions	Trunk Stabilization / Balance	Stabilize / Destab in which direction	Assistive / Resistive in which direction
Accepting with Grace					
One-footed Balance					
Hip Flexion / Extension					
Ankle Plantar Flexion / Dorsi Flexion					
UE Non-Reciprical to Weight Shift					
Weight Transfer to Back Leg					
Long or Short Lever					
Rounding					
Hip Flexion / Extension					
Ankle Plantar Flexion / Dorsi Flexion					
One-footed Balance					
Spinal Flexion					
Weight Transfer to Forward Leg					
Long or Short Lever					
Balancing					
One-footed Balance					
Hip Flexion / Extension					
Ankle Plantar Flexion / Dorsi Flexion					
Weight Centering					
UE Work Recripically with LE					
Long or Short Lever					
Weight Transfer to Forward Leg					

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Ai Chi Posture / Functional Goals	Duration	Repetitions	Trunk Stabilization / Balance	Stabilize / Destab in which direction	Assistive / Resistive in which direction
Encircling with Shift					
Upright Alignment					
Reach w/out Trunk Shift					
Scapular Depression					
Head Positioning					
Weight Shifting Side-to-Side					
Encircling					
Upright Alignment					
Reach w/out Trunk Shift					
Scapular Depression					
Head Positioning					
Centering					
Surrounding					
Spinal Rotation					
Hip Placement					
Turning without Trunk Shift					
Upright Alignment					
Visual Attention					
Nurturing					
Spinal Flexion with Forward Weight Shift					
Spinal extension with Centering					

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