



Core Stability Therapeutic Benefits



Institute for Rehabilitative Qigong & Tai Chi

Harmonize Yin/Yang

Key Muscle activation

Core Cylinder** (Transverse Abdominis,
Pelvic Floor, Diaphragm, Multifidus)
Pectoralis Major
Upper/Mid/Low Trapezius
Rotator Cuff
A/M/P Deltoid
Rhomboids
Biceps/Triceps
Common wrist/finger flexors
Gluteals
Quadriceps
Hamstrings
Soleus

Bonus

Reverse Breathing
Diaphragm control
Spinal Spiraling (Silk Reeling)
Postural Control
Endocrine stimulation

Pulling Up Roots

Key Muscle activation

Core Cylinder** (Transverse Abdominis,
Pelvic Floor, Diaphragm, Multifidus)
Pectoralis Major
Mid/Low Trapezius
Rotator Cuff
A/M/P Deltoid
Rhomboids
Biceps/Triceps
Common wrist/finger flexors
Gluteals
Quadriceps
Hamstrings
Soleus

Bonus

Reverse Breathing
Diaphragm control
Spinal Spiraling (Silk Reeling)
Postural Control
Dantien Circling
Endocrine stimulation

Horse Stance: Core Pumping

Key Muscle activation

Core Cylinder** (Transverse Abdominis,
Pelvic Floor, Diaphragm, Multifidus)
Pectoralis Major
Mid/Low Trapezius
Infraspinatus
Posterior Deltoid
Rhomboids
Gluteals
Quadriceps
Hamstrings
Soleus

Bonus

Diaphragm control
Postural Control
Endocrine stimulation

Focused Punching

Key Muscle activation

Core Cylinder** (Transverse Abdominis,
Pelvic Floor, Diaphragm, Multifidus)
Pectoralis Major
Mid/Low Trapezius
Rotator Cuff
A/M/P Deltoid
Serratus Anterior
Rhomboids
Biceps/Triceps
Common wrist/finger flexors



Institute for Rehabilitative Qigong & Tai Chi

Gluteals
Quadriceps
Hamstrings
Soleus

Bonus

Diaphragm control
Postural Control
Endocrine stimulation
Lower Extremity endurance

Archer Stance

Key Muscle activation

Core Cylinder** (Transverse Abdominis,
Pelvic Floor, Diaphragm, Multifidus)
Pectoralis Major
Mid/Low Trapezius
Rotator Cuff
A/M/P Deltoid
Rhomboids
Biceps/Triceps
Common wrist/finger flexors/extensors
Gluteals
Quadriceps
Hamstrings
Soleus

Bonus

Reverse Breathing
Diaphragm control
Spinal Spiraling (Silk Reeling)
Postural Control
Endocrine stimulation