



PD5

FITNESS CARD GAME



AMPLIFY



DRIVE



REACT



POWER



CONNECT

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PD5

OPENING WINGS

Opening the Arms

REPS: 8

AMPLIFY



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CONNECT

Begin with your hands near your chest
and slowly open both arms outward.
Finish tall before drawing your hands back to center.

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PD5 TAI CHI | CARD 01 OF 17

OPENING WINGS

Opening the Arms

AMPLIFY

DIFFICULTY

STANDARD

MOVEMENT FOCUS

A controlled upper-body opening pattern that pairs posture, shoulder mobility and calm bilateral movement.

KEY BENEFITS

- 1 Encourages shoulder and chest mobility through a broad, comfortable range.
- 2 Reinforces upright posture and controlled trunk extension.
- 3 Coordinates both arms symmetrically, supporting movement awareness.
- 4 Works well as a low-complexity warm-up or reset movement.

WHY IT MATTERS

Broad, intentional movement can help prepare the body for larger tasks while reinforcing a tall, confident starting position.

SAFE SCALING

Keep the shoulders relaxed. Reduce arm height if there is pain, stiffness or fatigue.

FIGURE 8 REACH

Figure-Eight Hands

REPS: 8

AMPLIFY



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POWER



CONNECT

Trace a large figure-eight pattern with one or both hands.
Follow the movement with your eyes
while keeping your stance stable.

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FIGURE 8 REACH

Figure-Eight Hands

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STANDARD

MOVEMENT FOCUS

A flowing hand pattern that blends visual tracking, arm mobility and controlled trunk rotation.

KEY BENEFITS

- 1 Promotes smooth shoulder, elbow and wrist movement.
- 2 Challenges visual tracking as the eyes follow the hand path.
- 3 Encourages gentle trunk rotation without rushing.
- 4 Builds fluid bilateral coordination and movement continuity.

WHY IT MATTERS

Curved, continuous patterns practice movement quality and coordination rather than speed alone.

SAFE SCALING

Make the figure eight smaller if balance or shoulder range is limited.
Keep the feet stable.

WHITE CRANE

White Crane Spreads Wings

REPS: 8

AMPLIFY



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POWER



CONNECT

Shift weight onto one leg and raise the opposite knee or heel while extending your arms gracefully.

Lower with control and switch sides slowly.

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WHITE CRANE

White Crane Spreads Wings

AMPLIFY

DIFFICULTY



STANDARD

MOVEMENT FOCUS

A graceful balance posture combining single-leg control, arm extension and whole-body alignment.

KEY BENEFITS

- 1 Develops single-leg balance and postural control.
- 2 Strengthens hip and ankle stabilization during a brief hold.
- 3 Coordinates the arms and lifted leg as one integrated pattern.
- 4 Builds confidence with controlled weight transfer.

WHY IT MATTERS

Single-leg tasks are directly relevant to stepping, turning and many daily balance demands.

SAFE SCALING

Use a wall or sturdy chair. Lift the heel instead of the knee when needed.

CONTINUOUS WEIGHT SHIFT

Weight Shifting

REPS: 10

DRIVE



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POWER



CONNECT

Shift your body slowly from one foot to the other while your arms float in the same direction. Continue for several calm repetitions without stopping.

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CONTINUOUS WEIGHT SHIFT

Weight Shifting

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STANDARD

MOVEMENT FOCUS

A slow side-to-side transfer that teaches the body to accept weight smoothly over each foot.

KEY BENEFITS

- 1 Practices controlled lateral weight transfer.
- 2 Engages ankle, knee and hip strategies used for balance.
- 3 Supports preparation for stepping and gait transitions.
- 4 Encourages steady rhythm and reduced movement hesitation.

WHY IT MATTERS

Reliable weight transfer is a foundation for walking, turning and recovering balance.

SAFE SCALING

Keep both feet grounded and shift only as far as control is maintained.

SILK REEL WALK

Silk Reeling Walk

REPS: 12

DRIVE



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POWER



CONNECT

Take slow forward steps while drawing a small circular pattern with your hands. Keep your steps even and let the arms move continuously.

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SILK REEL WALK

Silk Reeling Walk

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STANDARD

MOVEMENT FOCUS

A deliberate walking sequence that combines forward steps with circular, continuous arm motion.

KEY BENEFITS

- 1 Practices slow gait control and deliberate foot placement.
- 2 Improves sequencing between the upper and lower body.
- 3 Promotes circular shoulder and trunk mobility.
- 4 Builds rhythm while maintaining posture and attention.

WHY IT MATTERS

Coordinated walking tasks can reinforce stride quality, timing and whole-body control.

SAFE SCALING

Shorten the step and reduce the arm circle if coordination begins to decline.

TAI CHI STEP

Tai Chi Walking Step

REPS: 6

DRIVE



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REACT



POWER



CONNECT

Take slow controlled steps while shifting
your body fully onto each foot.
Keep your knees soft and your upper body quiet.

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PD5 TAI CHI | CARD 06 OF 17

TAI CHI STEP

Tai Chi Walking Step

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STANDARD

MOVEMENT FOCUS

A controlled stepping drill centered on complete weight transfer and quiet upper-body alignment.

KEY BENEFITS

- 1 Reinforces intentional foot placement and step initiation.
- 2 Practices full, controlled weight acceptance on each leg.
- 3 Supports stride confidence and lower-body control.
- 4 Encourages a stable trunk while the legs move.

WHY IT MATTERS

Task-specific gait practice is central to improving mobility and balance in Parkinson disease exercise programs.

SAFE SCALING

Use smaller steps and a nearby support. Avoid crossing the feet.

STANDING HIP CIRCLES

Hip Circles

REPS: 9

DRIVE



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POWER



CONNECT

Move your hips through a small controlled circle while keeping your feet grounded. Reverse direction after several repetitions.

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STANDING HIP CIRCLES

Hip Circles

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STANDARD

MOVEMENT FOCUS

A small circular pelvic movement that mobilizes the hips while keeping the feet grounded.

KEY BENEFITS

- 1 Promotes hip and pelvic mobility.
- 2 Challenges trunk control over a stable base of support.
- 3 Improves awareness of weight distribution through the feet.
- 4 Provides a gentle warm-up for stepping and turning.

WHY IT MATTERS

Hip mobility and trunk control contribute to smoother transfers, walking and directional changes.

SAFE SCALING

Keep the circle small and pain-free. Avoid leaning or forcing the lower back.

EIGHT-DIRECTION FLOW

Eight-Direction Step

CHALLENGE

REPS: 8

DRIVE



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POWER



CONNECT

From a soft centered stance, step and guide your hands toward each of eight directions around the body. Return to center after every direction and keep the transitions slow.

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EIGHT-DIRECTION FLOW

Eight-Direction Step

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CHALLENGE

CHALLENGE CARD - ADVANCED COMPLEXITY

Challenge cards combine more demanding movement, sequencing or cognitive-motor demands. Use support or supervision as appropriate.

MOVEMENT FOCUS

An advanced multi-directional stepping sequence requiring repeated return to a stable center.

KEY BENEFITS

- 1 Develops dynamic balance across multiple directions.
- 2 Challenges spatial awareness and motor planning.
- 3 Builds agility through controlled step-and-return patterns.
- 4 Integrates arm guidance, weight transfer and directional attention.

WHY IT MATTERS

This challenge card is more difficult because it combines eight movement directions, continuous sequencing and repeated balance recovery.

SAFE SCALING

Use supervision or a stable support. Reduce the pattern to four directions before progressing to eight.

DIRECTIONAL WARD-OFF

Ward-Off

REPS: 6

REACT



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Turn toward the called direction and raise one forearm into a rounded protective shape. Return to center before responding to the next direction.

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DIRECTIONAL WARD-OFF

Ward-Off

REACT

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STANDARD

MOVEMENT FOCUS

A cue-driven turning response using a rounded forearm shape and controlled return to center.

KEY BENEFITS

- 1 Practices reactive postural adjustment to a direction cue.
- 2 Encourages trunk rotation with a stable lower body.
- 3 Develops rounded shoulder and forearm control.
- 4 Reinforces attention, reset and response accuracy.

WHY IT MATTERS

Externally cued, task-specific movement is used to support gait and motor performance in Parkinson disease rehabilitation.

SAFE SCALING

Turn through a comfortable range and keep the knees soft. Do not twist sharply.

CATCH-AND-REDIRECT

Rollback and Redirect

REPS: 8

REACT



AMPLIFY



DRIVE



REACT



POWER



CONNECT

Meet an incoming visual cue with open hands,
then guide your hands smoothly to one side.
Reset the stance and respond to the next cue.

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PD5 TAI CHI | CARD 10 OF 17

CATCH-AND-REDIRECT

Rollback and Redirect

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STANDARD

MOVEMENT FOCUS

A reactive open-hand sequence that receives a cue, redirects it and rebuilds a stable stance.

KEY BENEFITS

- 1 Challenges hand-eye coordination and reaction timing.
- 2 Practices controlled weight shift during redirection.
- 3 Develops bilateral hand use and upper-body coordination.
- 4 Strengthens attention to cue, action and reset.

WHY IT MATTERS

Reactive practice can make movement more adaptable when the environment or task changes.

SAFE SCALING

Move smoothly rather than quickly. Keep the redirect within a comfortable shoulder range.

FORWARD PUSH STEP

Push

REPS: 7

POWER



AMPLIFY



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CONNECT

Step forward into a comfortable stance and press both palms ahead.

Shift back and return your hands to the body before changing sides.

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PD5 TAI CHI | CARD 11 OF 17

FORWARD PUSH STEP

Push

POWER

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STANDARD

MOVEMENT FOCUS

A forward step and two-hand press that links lower-body force with controlled upper-body extension.

KEY BENEFITS

- 1 Builds coordinated forward weight transfer.
- 2 Engages the legs, hips and trunk to support a strong stance.
- 3 Practices bilateral pushing without losing posture.
- 4 Reinforces controlled return from forward movement.

WHY IT MATTERS

Strength, power and task-specific stepping support functional mobility and confidence.

SAFE SCALING

Keep the front knee aligned over the foot. Reduce step length if the stance feels unstable.

HORSE STANCE HOLD

Horse Stance

REPS: 5

POWER



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POWER



CONNECT

Set your feet wider than your hips and bend your knees into a shallow strong stance. Hold your chest tall, then press through your feet to stand.

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PD5 TAI CHI | CARD 12 OF 17

HORSE STANCE HOLD

Horse Stance

POWER

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STANDARD

MOVEMENT FOCUS

A wide, shallow hold emphasizing lower-body endurance, posture and a stable base of support.

KEY BENEFITS

- 1 Strengthens the thighs, hips and postural muscles.
- 2 Builds endurance in a controlled weight-bearing position.
- 3 Reinforces chest-up alignment and knee control.
- 4 Supports the mechanics used to lower and rise safely.

WHY IT MATTERS

Resistance and strength training are strongly recommended components of Parkinson disease exercise programs.

SAFE SCALING

Keep the stance shallow. Use support and stop if the knees or hips are painful.

BALANCE FLOW

Single-Leg Balance Hold

REPS: 7

CONNECT



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CONNECT

Shift weight into one foot and lift the opposite knee or foot to a comfortable height. Hold briefly, lower with control, and switch sides.

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BALANCE FLOW

Single-Leg Balance Hold

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STANDARD

MOVEMENT FOCUS

A brief single-leg hold combining postural control, calm arm positioning and deliberate recovery.

KEY BENEFITS

- 1 Develops single-leg balance and ankle strategy.
- 2 Engages core and hip stabilizers.
- 3 Practices controlled lifting and lowering of the foot.
- 4 Builds balance confidence in a scalable format.

WHY IT MATTERS

Balance practice is a core exercise domain for people with Parkinson disease and supports safer mobility.

SAFE SCALING

Keep a hand near a wall or chair. Toe-tap the floor instead of fully lifting the foot when needed.

RISING BREATH FLOW

Rising and Lowering Hands

REPS: 10

CONNECT



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POWER



CONNECT

Stand with soft knees and rest your hands in front of your body. Breathe in as your hands rise and breathe out as they lower.

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PD5 TAI CHI | CARD 14 OF 17

RISING BREATH FLOW

Rising and Lowering Hands

CONNECT

DIFFICULTY

STANDARD

MOVEMENT FOCUS

A gentle breathing sequence that coordinates slow hand elevation with an easy, upright stance.

KEY BENEFITS

- 1 Coordinates breathing with movement pacing.
- 2 Encourages relaxed shoulder and arm mobility.
- 3 Provides a low-intensity reset between harder tasks.
- 4 Supports body awareness and calm movement initiation.

WHY IT MATTERS

Slow, intentional movement can improve exercise tolerance and help players maintain quality and control.

SAFE SCALING

Breathe comfortably without straining or holding the breath. Keep the hands below shoulder height if needed.

CLOUD HANDS

Cloud Hands

REPS: 8

CONNECT



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POWER



CONNECT

Move your hands smoothly from side to side while shifting weight in the same direction.

Keep your shoulders relaxed and the movement continuous.

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PD5 TAI CHI | CARD 15 OF 17

CLOUD HANDS

Cloud Hands

CONNECT

DIFFICULTY

STANDARD

MOVEMENT FOCUS

A continuous side-to-side sequence integrating lateral weight shift, trunk rotation and flowing hands.

KEY BENEFITS

- 1 Practices smooth lateral weight transfer.
- 2 Encourages gentle trunk rotation and shoulder mobility.
- 3 Builds continuous bilateral coordination.
- 4 Develops rhythm, flow and movement consistency.

WHY IT MATTERS

Continuous whole-body patterns can reinforce coordination while keeping movement deliberate and controlled.

SAFE SCALING

Keep the feet stable and reduce the range if the weight shift becomes unsteady.

CLOCK TAP

Clock Tap

REPS: 6

CONNECT



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POWER



CONNECT

Stand at the center of an imaginary clock and tap your foot toward 12, 3, 6, and 9 o'clock. Return to center after every tap.

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PD5 TAI CHI | CARD 16 OF 17

CLOCK TAP

Clock Tap

CONNECT

DIFFICULTY

STANDARD

MOVEMENT FOCUS

A center-and-return foot-tapping drill that challenges direction, balance and accurate foot placement.

KEY BENEFITS

- 1 Improves multidirectional foot placement.
- 2 Challenges dynamic balance while one foot moves.
- 3 Builds spatial awareness and motor planning.
- 4 Promotes hip mobility and controlled return to center.

WHY IT MATTERS

Moving in different directions is an important component of multidimensional balance training.

SAFE SCALING

Tap close to the body first. Use support and avoid reaching so far that the standing knee collapses inward.

★

BACKWARD ALPHABET WALK
Backward Alphabet Walk

CHALLENGE

REPS: 5

CONNECT

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CONNECT

Walk at a comfortable pace while reciting the alphabet backward.
Slow down or stop walking if accuracy or balance declines.

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PD5 TAI CHI | CARD 17 OF 17

BACKWARD ALPHABET WALK

Backward Alphabet Walk

CONNECT

DIFFICULTY

CHALLENGE

CHALLENGE CARD - ADVANCED COMPLEXITY

Challenge cards combine more demanding movement, sequencing or cognitive-motor demands. Use support or supervision as appropriate.

MOVEMENT FOCUS

An advanced cognitive-motor task combining controlled backward walking with a verbal sequencing challenge.

KEY BENEFITS

- 1 Practices deliberate backward stepping and foot clearance.
- 2 Challenges cognitive-motor dual-task performance.
- 3 Engages attention, sequencing and executive control.
- 4 Builds adaptability when walking while thinking.

WHY IT MATTERS

This challenge card is more difficult because backward walking and reverse alphabet recall compete for attention at the same time.

SAFE SCALING

Use close supervision and a clear path. Stop walking if balance, speech accuracy or step quality declines.

REFERENCES

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Editorial note. The movement-specific benefits in this guide are concise exercise-intent summaries derived from the cited evidence on Tai Chi, balance, gait, strength, skill-based exercise and dual-task training. They are not claims that any single card independently treats Parkinson disease.