

TAI CHI QUAN
FUNDAMENTAL SKILLS

- * Relax the neck and suspend the head from the crown point.
- * The eyes should focus and concentrate on the direction in which the Qi flows.
- * Relax the chest and arch the back. Slightly move the arms away from the body, the upper back between the shoulders feel being slightly lifted.
- * Sink the weight of the shoulders, relax the elbows, let energy flow downward to the hands.
- * Settle the wrists comfortably, extend the fingers naturally.
- * The body should be straight and erect, not leaning to any side, entire body must be vertical and balanced.
- * Keep the waist and thighs relaxed and movable.
- * The knees look relaxed but can move freely with strength in any directions.
- * The feet are flat on the ground and relaxed, and keep your attention on the center of the feet (or foot).
- * Bear in mind that once you move, everything should be in motion; when you are still, everything should be in stillness.
- * The entire body must move in a unified, coordinated way.
- * Distinguish insubstantial and substantial, usually only one leg and one arm should be substantial at a time.
- * Your body should be natural, centered, balanced, and controlled. Do not over extend your arms, nor draw in too much.
- * In your Tai Chi practice, your body should move like the rhythmic flow of water on a river or like the rolling waves of the ocean.
- * Your entire body should be transparent and light. Let inside and outside fuse together and become one.
- * Discover calm within action and action within calm.
- * First the body should be light; then it will become limber. When limber it should move freely; when it moves freely you will be able to change the situation as needed.