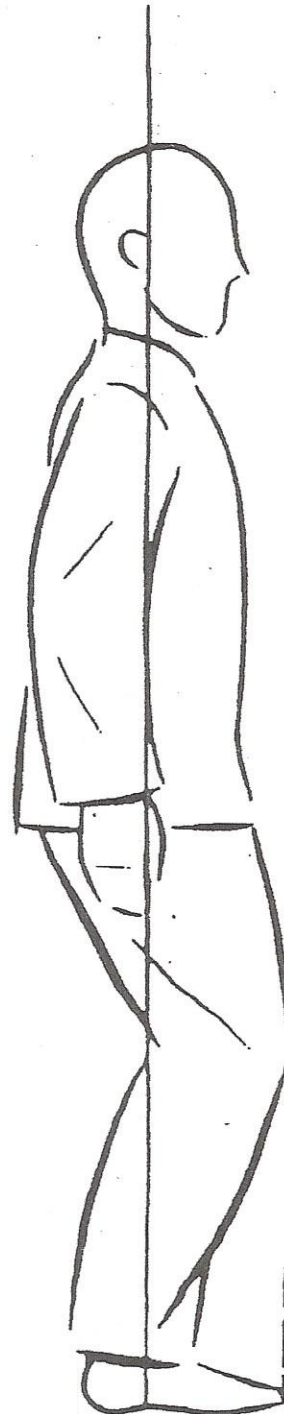


Relaxation and Postural Alignment

Relaxation is the first and most important T'ai Chi principle the practitioner must learn. To maintain a state of complete relaxation, all tension and restraint must be emptied from the mind and body. By relaxing completely and centering the mind on the tan t'ien, weight sinks to the feet.

Postural alignment plays an important part in how to move in T'ai Chi Chih. The head and body must be aligned with the sacrum. The diagram below shows the proper alignment. The spine is held straight but in a relaxed manner.

Head and body must be held straight and the chest drawn in to allow ch'i to sink to the tan t'ien.



The shoulders must be sunk and the elbows dropped naturally.

Weight is sent to the feet.

The Principles of Relaxation and Postural Alignment

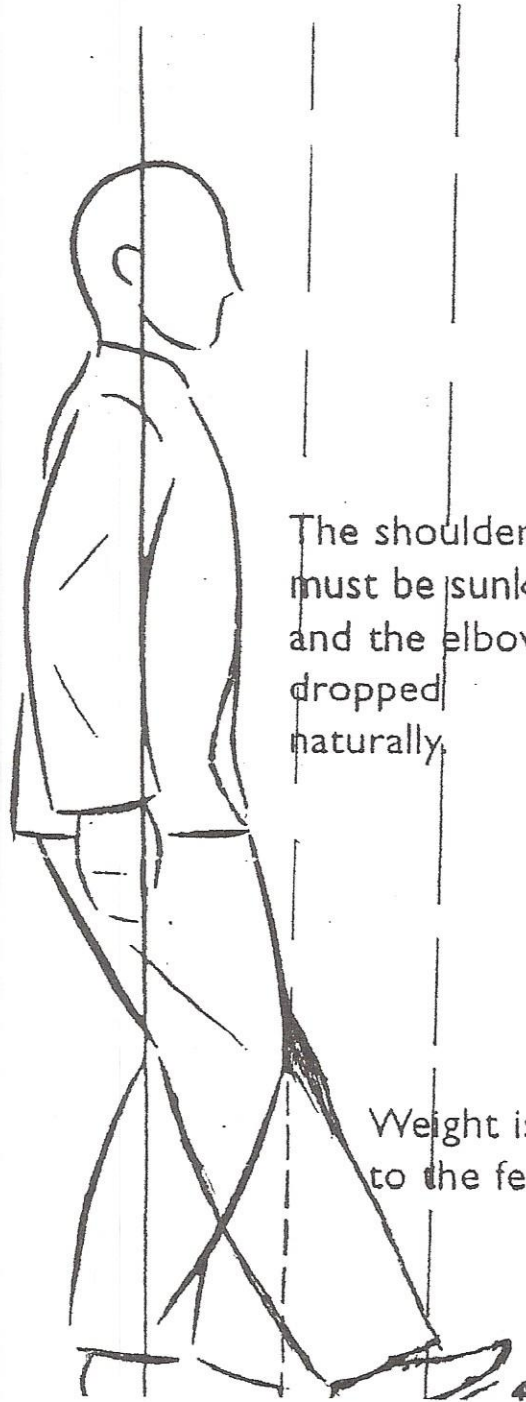
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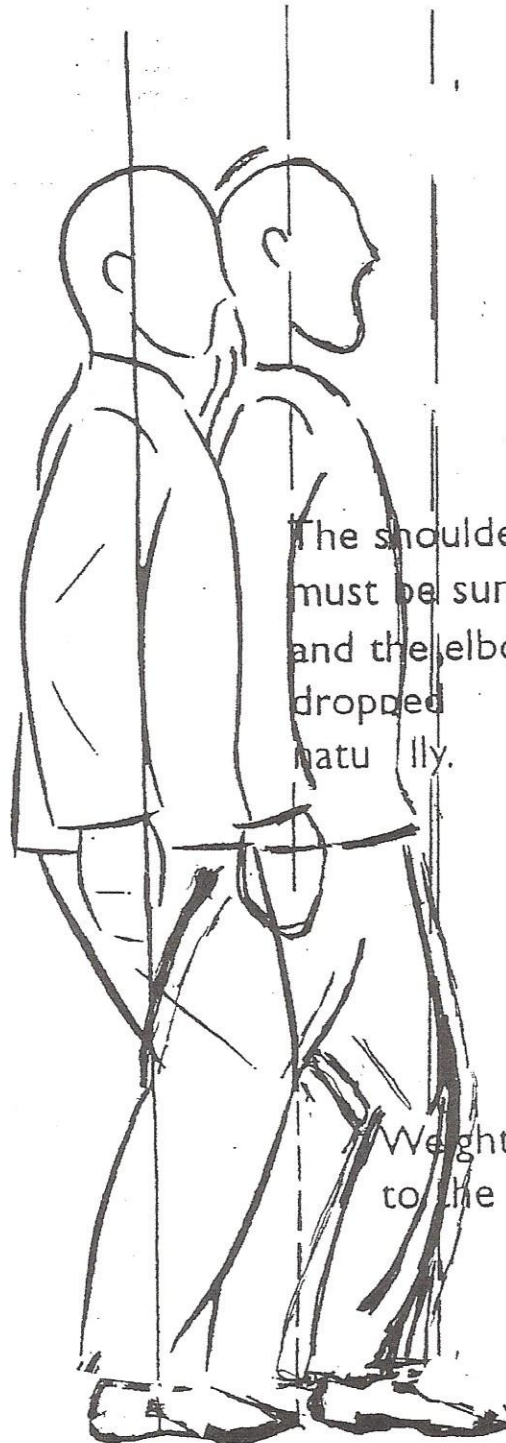
airborne Tucked in

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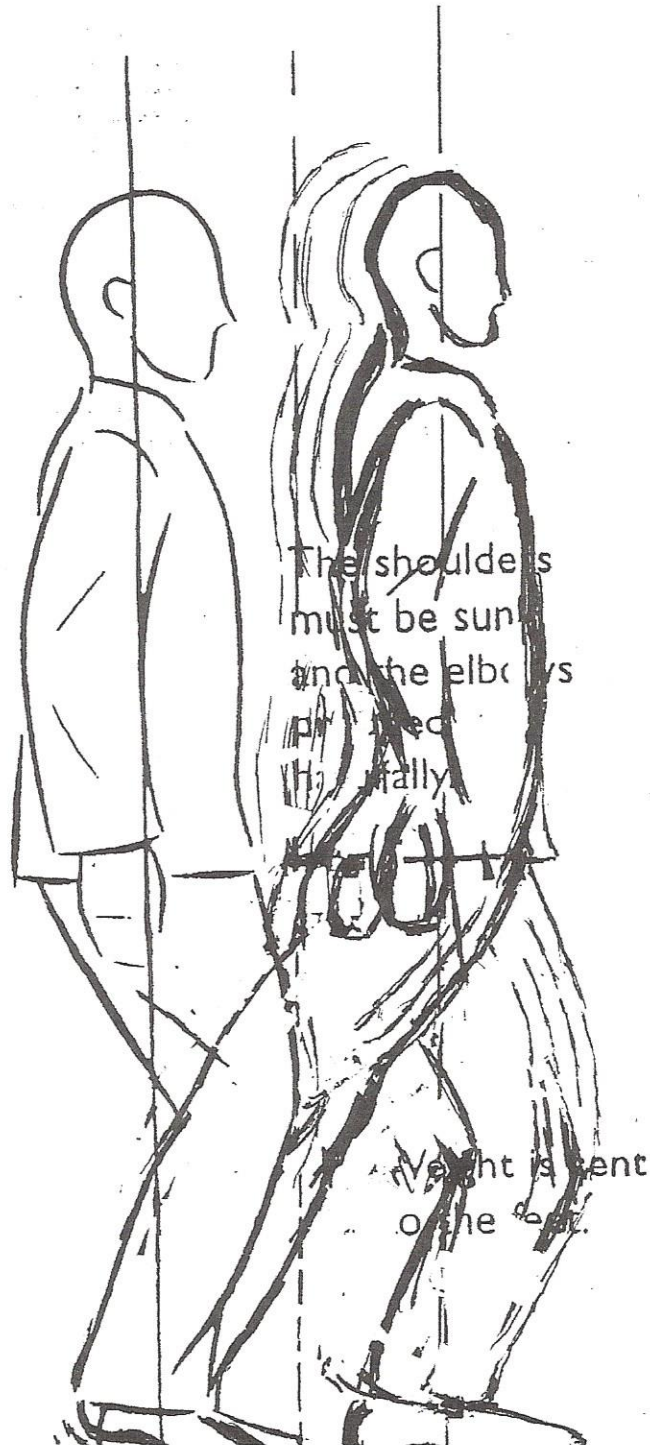
Tai bones gradually released

The Principles of Relaxation and Postural Alignment

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A. 11 Totally released (out)