

String Theory of T'ai Chi Chih

Do these exercises three times on each side to get an average response.

Width of Stance

Lay string on floor front to back. Sink into rest position with heels equal distance on either side of string. Sink weight into right leg preparing for a front/back weight shift, then place left heel forward. Check heel position in relationship to the string with the foot forward. It should be same distance away from the string as when in the rest position or possibly slightly farther away.

Alignment - Still and Moving

Two-person exercise

Stand sideways to a partner who is facing you at your side. Move into the rest position. Your partner finds the middle of the side of the shoulder and the middle of the side of the hip. Hang the string from the side of the shoulder. It should line up with the center side of the hip.

Do a front/back weight shift and stop action at the end of the forward movement. The partner checks again to see if the two points line up. Then finish the weight shift back and check again to see if the points line up.

The goal of the exercise is to see if the hips stay under the shoulders in movement and in stillness, not leaning.

Going Beyond the Toe

Two-person exercise

Do a front/back weight shift. Stop at the end of the forward movement. The partner hangs the string from the center of the front knee to the floor to check to see how far the knee is moving in relationship to the foot and also to see that the knee is tracking over the foot.