

## Six Principles of Movement

- 1) Softness
  - Lightness in the upper body
  - Soft eyes, focused within. Breathing natural and inaudible
  - No tension in the body. Floating quality of movement
  - Face and posture reflect serenity
- 2) Evenness
  - No hollows or projections in the arm movements
  - No starts or stops. Same speed throughout the movement
  - No "splash" at end of movement
- 3) Slowness
  - Slow motion as if in a dream
  - Not rushed to move forward or backward, leisurely movement
  - Quality of effortless grace
- 4) Circularity
  - Roundness in the hand and arm movements
  - Quality of "going with the flow"
  - Closing motions also convey roundness
- 5) Synchronicity
  - Weight shift in the legs and feet leads the upper body
  - Arms and hands do not lead but mirror the movement in the legs and torso
  - Upper and lower body act as one unit in all movement
- 6) Rootedness
  - Allow the knee to bend, gradually shifting the weight
  - Stance is lower than standing height, feet flat on ground
  - Step is heel down first
  - Mental focus is one-pointed, relaxed. Concentration is in the soles of the feet
  - Head is floating as if suspended from above
  - Hands reflect grounding the chi in rest pose

## Four Basic Principles

- 1) Alignment of spine – most important
  - Channel by which chi flows through body
  - Must have straight spine in gentle conclusion
  - Where the body leans it creates tension, where there is tension the chi can not flow
- 2) How to step out and stance – need solid foundation.
  - Must be in proper dimension
  - Need to really think about placement of foot on every step
  - Do not simply "fall"
- 3) How to shift weight fully onto each leg.
  - This is what causes the yin chi and yang chi to separate
  - Weight is even on whole foot – ball and heel
- 4) Flow from center with softness and continuity