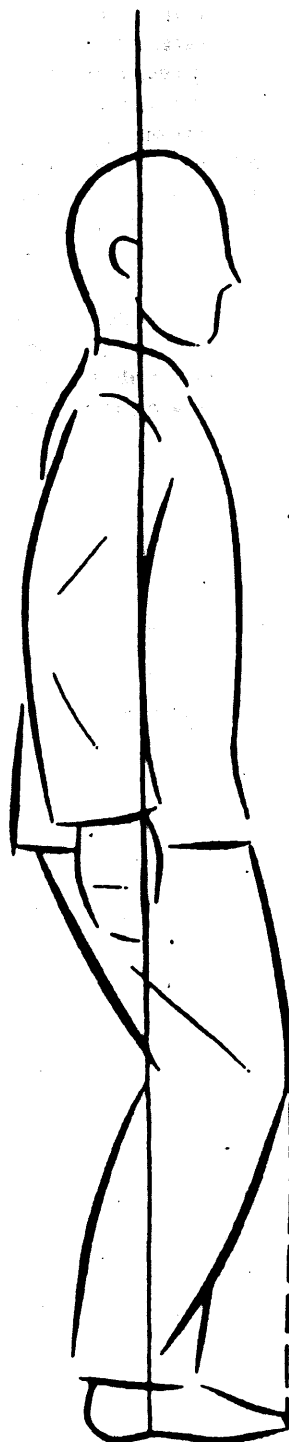


## **The Principles of Relaxation and Postural Alignment**

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

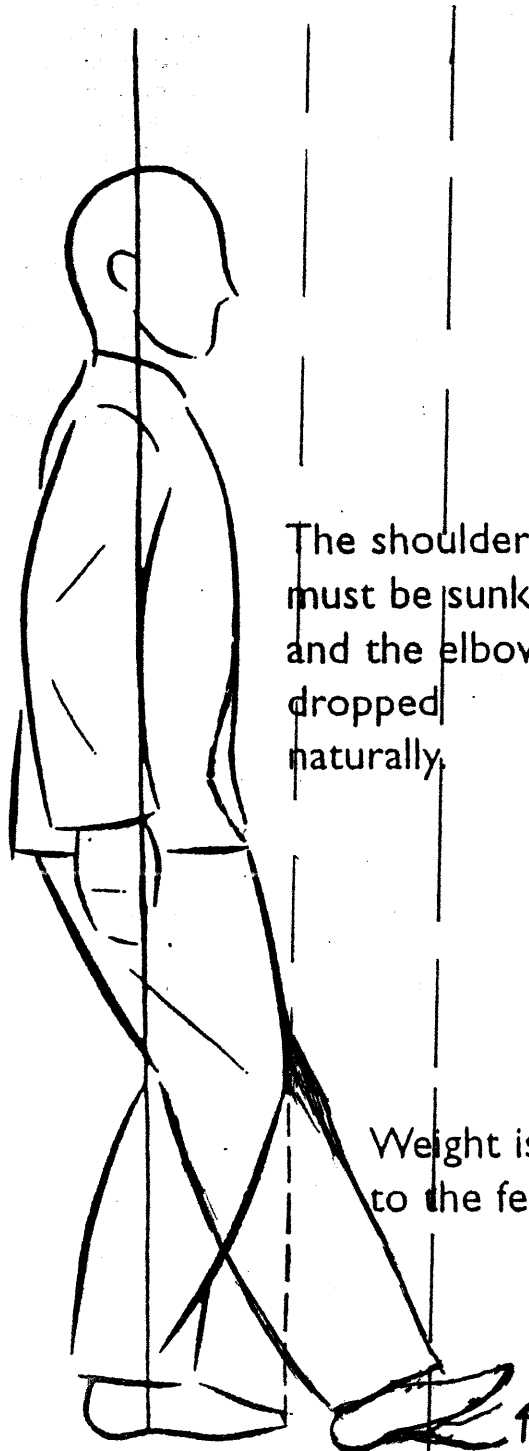
Relaxation is the first and most important T'ai Chi principle the practitioner must learn. To maintain a state of complete relaxation, all tension and restraint must be emptied from the mind and body. By relaxing completely and centering the mind on the tan t'ien, weight sinks to the feet.

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.



Tailbone Tucked in

# The Principles of 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.



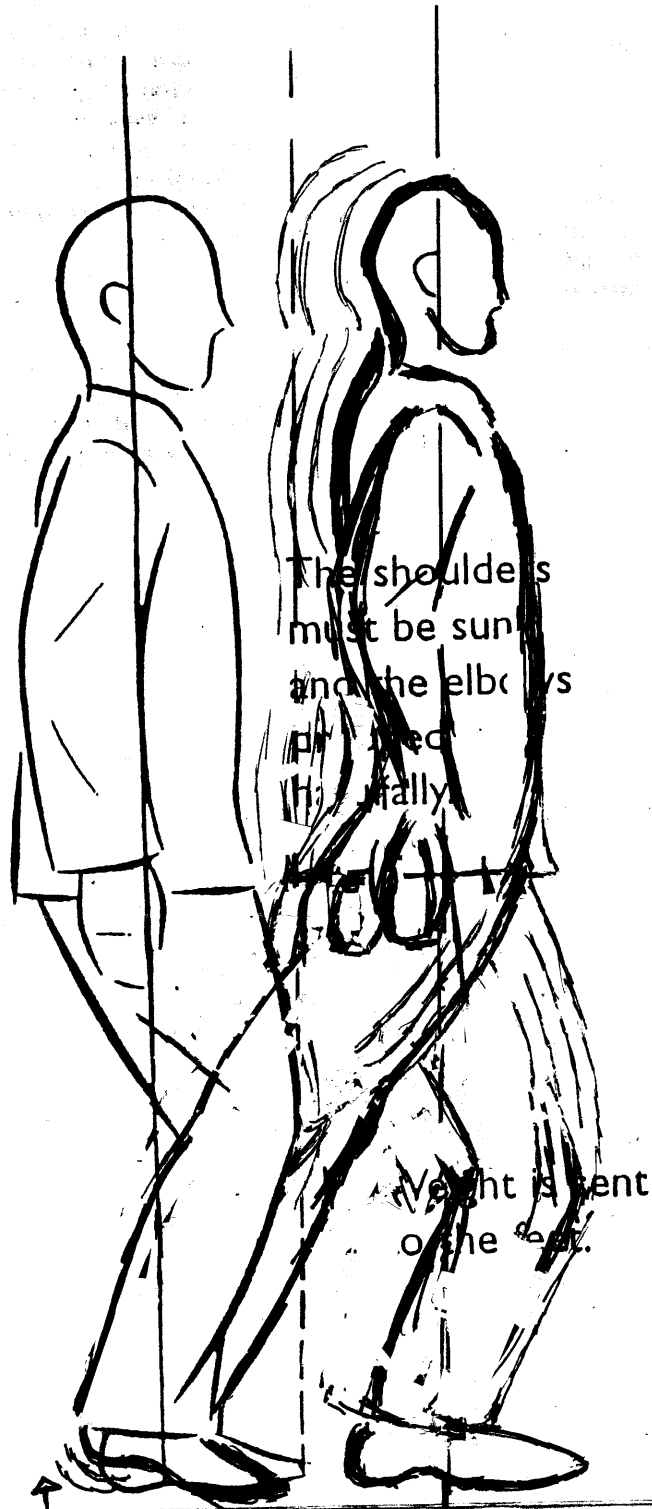
*Tailbone gradually released*

# The Principles of 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.



*Tailbone totally released (out)*