

# Tai Chi Principles



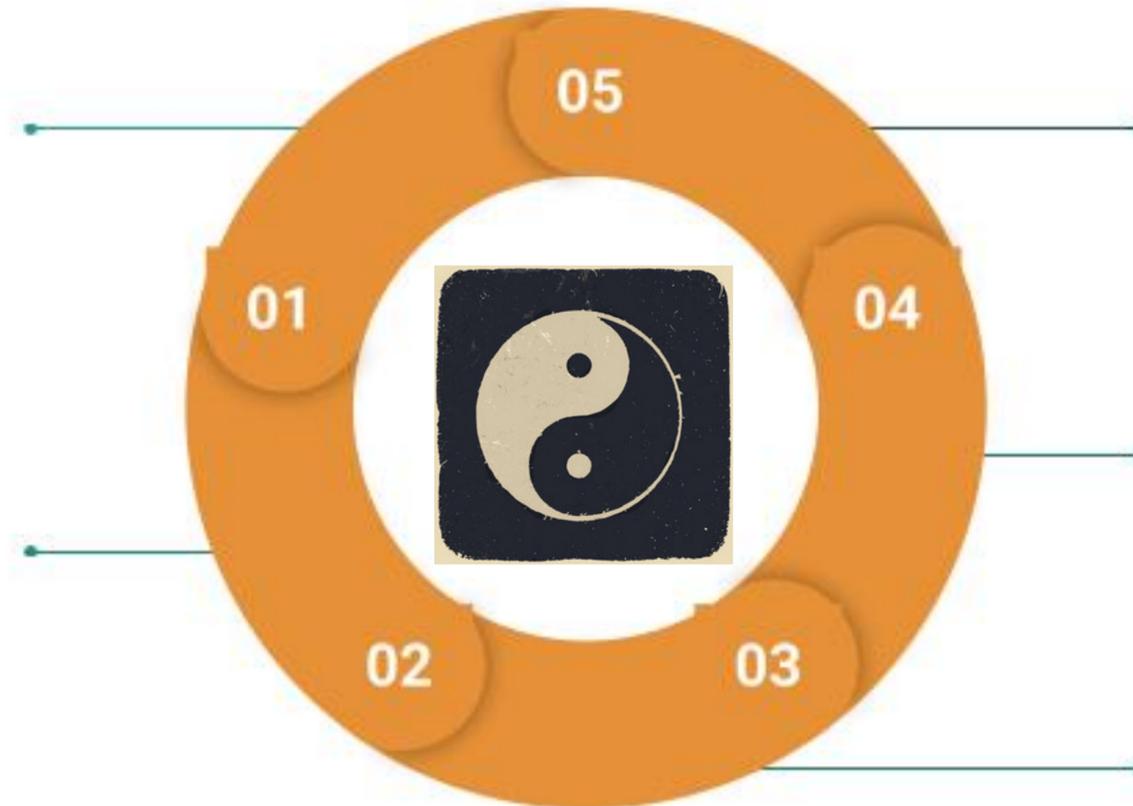
# The Process of Learning Tai Chi

## Learn Form

This is not a one time thing! There are many forms to learn and eventually you may create your own. This step also includes the many varied ways to 'play Tai Chi'

## Embody Form

Think 'riding a bicycle'. Whatever your form or play the body must know it so that you are not using your mind to figure out what comes next



## Wu Wei

We continue in the paradox of FLOW. Nothing is done and nothing is left undone

## Embody Principles

This is the most challenging and deep process involving developing proprioceptive and interoceptive knowledge and skills. This is also where the gold is mined!

## Learn Principles

This process is refined over time through study of the great literary works of philosophy, martial arts, and medicine

# Simple Guidelines for Practicing Safely



Front - 70/30



Shoulder or  
hip width  
apart



Back - 100



Shoulder or  
hip width  
apart



Double/Parallel - 100



Shoulder  
or hip  
width apart



# Simple Guidelines for Practicing Safely

Stance name	% Weight Distribution*	Knee	Hip	Foot placement
Double Weight or Parallel	100 in either foot	Base of support	Same as knee	Parallel
Front Weighted	70/30 or less	Knee aligned with front foot direction and in the base of support	Square to foot/ knee direction	Pivot back foot 45%
Back Weighted	100	Base of support	Hips align to your direction of movement	Walk on rail road tracks AND/OR Pivot weighted foot out for support

Please Note these recommendations are guidelines and should always be modified for your individual body type and comfort.

# Tai Chi Principles

- ☯ ***Three Intentful adjustments, create the Tai Chi pole***
- ☯ ***The form is moving Tai Chi pole***

\*\* Source: The Tai Chi Classics - translated - Ben Lo, Taijiquan - Yang Yang

# Tai Chi Principles

☯ ***Practice sung***

☯ ***Mindfull (alert, present)***

☯ ***Relaxed - the beautiful ladies hand***

☯ ***Sink and drop > soft and smooth***

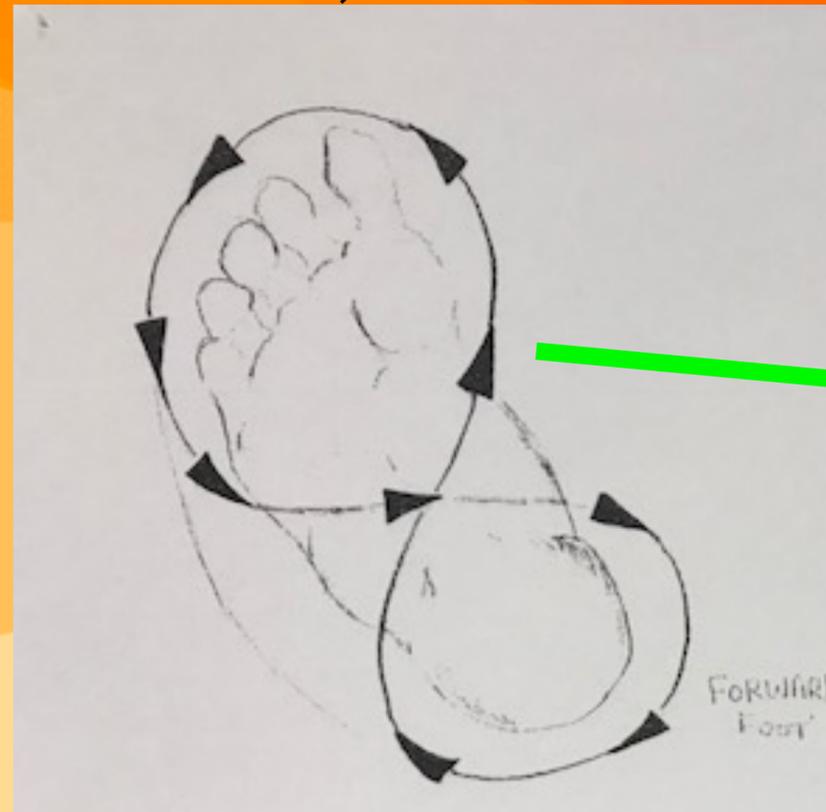
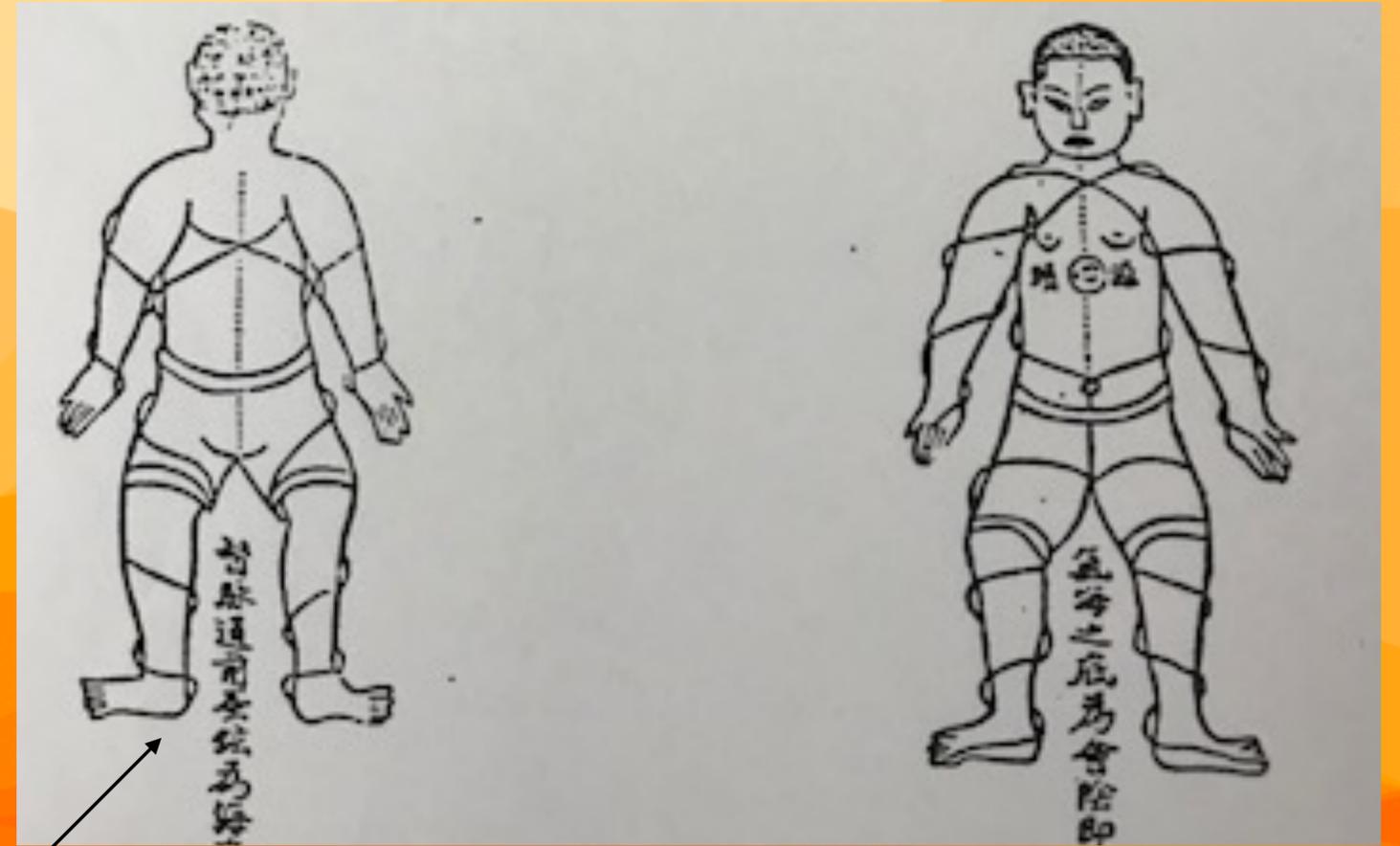
# Tai Chi Principles

- ☯ ***Separate Yin and Yang***
- ☯ ***Clearly understand empty and full***
- ☯ ***Weight pours through you like a heavy liquid***
- ☯ ***The weight always is changing***

# Tai Chi Principles

## ● *Move the body as one*

- *All parts of the body are strung together without the slightest break*
- *The waist is the director – move from your center*
- *Upper and lower coordinated*
- *Find the function of the form*
- *Tai Chi is the art of silk reeling*



# Tai Chi Principles

☯ ***Clear and tranquil mind - from the classics – seek stillness in movement - heart mind and qi in lower dantien***

\*\* Source: The Tai Chi Classics - translated - Ben Lo, Taijiquan - Yang Yang

# Principles Summary

For daily practice - *GROW IN EMBODIMENT*

- Tai Chi Pole
- Relax
- Feel empty and full - let your weight pour like a heavy liquid
- Move the body as one
- Mindfully return to home - the lower dantien

*Be Still as the Mountain*



*Move Like the Great River*

Tai chi Classics