

Tai Chi walking



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Initial stance – Bow stance

1. Stand with feet parallel, shoulder width apart.
2. Step back with left foot.
3. Front foot points forward, back foot is pointing to the corner (45 degree).
4. The weight is evenly distributed on both legs.

Steps to do the walking

Step 1

- a) Transfer the weight to the back leg.
- b) Rise the front toes.
- c) Rotate the front foot and body 60 degree to the corner.

Step 2

- a) Transfer the weight to the front leg.
- b) Place the front foot fully flat on the ground.
- c) Rise the back heel.

Step 3

- a) Step forward with back foot with only the heel touching the ground.

Step 4

- a) Fill the step with 50% of the weight by placing the whole foot flat on the ground.
- b) At the same time, rotate the body to face forward AND close the back foot from 60 degree to 45 degree.

You are now in Bow stance

Step 5

- a) Repeat steps 1 through 4.