

Yang style Tai Chi Chuan



Fernando G. Echeveste

Holistic Wellbeing Specialist and founder of ReikiJunction.com

Principles of Tai Chi

1. Stand rooted like a tree, with the hips and waist relaxed.
2. Gently sink the chest while keeping the spine upright.
3. Let the crown of the head feel light and softly suspended.
4. Move smoothly with no breaks between motions.
5. Movement is directed by the mind, not forced by the muscles.
6. Maintain inner calm while the body continues to move.
7. Distinguish between weighted (solid) and unweighted (empty) stances.
8. Coordinate the upper and lower body as one connected whole.
9. Keep the shoulders and elbows lowered and relaxed.
10. Meditation in action.

The movement in Tai Chi and the powers it generates, it is said to be rooted in the feet, transmitted through the legs, directed by the waist and expressed through the fingers.

Active Ingredients of Tai Chi and Qigong

1. Cultivate awareness and mindfulness to keep attention present and focused in each moment.
2. Use clear intention, belief, and expectation to guide and energize every action.
3. Maintain dynamic structural integration so the body stays aligned and responsive in motion.
4. Practice active relaxation to release tension while remaining mentally and physically engaged.
5. Build musculoskeletal strength and flexibility through balanced, controlled movement.
6. Allow breathing to become natural, deep, and unforced as the body relaxes.
7. Foster social interaction and community to support shared learning and connection.
8. Express spirituality and philosophy through embodied practice, ritual, and mindful movement.

Yang style Tai Chi Chuan – First section of 150 posture long form

	Direction upon completion	Rhythm	Posture name
1	N	2	Preparation
2	N	6	Beginning
3	N	6	Grasp the Sparrow's tail. Ward off left
4	E	4	Ward off right
5	NE	4	Rollback
6	E	4	Press
7	E	4	Push
8	W	6	Single Whip
9	N	2	Lift Hands
10	N	2	Shoulder
11	W	2	White crane spreads its wings
12	W	4	Brush left knee and twist step
13	W	2	Play Guitar
14	W	4	Brush left knee and twist step
15	W	4	Brush right knee and twist step
16	W	4	Brush left knee and twist step
17	W	2	Play Guitar
18	W	4	Brush left knee and twist step
19	NW	2	Chop with fist
20	W	6	Step forward, deflect downward, parry & punch
21	W	4	Withdraw and push
22	N	4	Cross hands and conclusion