



Principles

- 1 - Your feet should be connected to the ground as if you have roots into the earth, you should feel rooted to the ground.
- 2 - Your knees should be unlocked and relaxed. Your legs should feel as if they are filled with water to the knees. Before moving you should feel one leg fill up and the other one become empty and therefore light as a feather.
- 3 - Your head should be held upright, as if suspended by an invisible strand of silk from the crown to heaven. Your gaze should be level.
- 4 - Your spine should be straight and upright with your tailbone dropped towards the floor. Do not force this, consider being lifted up by the crown of the head and pulled down by the tailbone, this should align the spine.
- 5 - Keep the chest relaxed and hollow, if it protrudes you will become top heavy. The breath should sink to the lower abdomen and always breathing in through the nose.
- 6 - Relax your shoulders and sink the elbows. The armpits should remain open as if you have a small, soft ball in the armpit.
- 7 - Each part of your body should feel connected to every other part, so that every movement involves the whole body, not just one limb.
- 8 - Keep the waist relaxed, it should move with ease and is the centre of all movement. The waist in Tai Chi includes the hips.
- 9 - Direct the flow of movement through your legs, waist, arms, hands and fingers, like a whip. Distinguish between full and empty legs.
- 10 - Use the mind rather than strength, the power comes from the mind not the muscle. You must quiet the mind to be able to direct the chi to achieve this.

Your movements will become continuous and flowing, like a river, without interruptions or hesitation, so that someone watching would not be able to see where one movement ends and the next one begins.

Be still as a mountain - move like a great river".

The most important thing is to enjoy your practice and at your own pace.
This is your journey.