



## Tips

- 1 - Work to understand the foot placement first. Your connection to the ground provides the basis for balance and stability.
- 2 - Work gradually, posture by posture until you integrate each movement into your regular routine. This will make it easier to add subsequent postures.
- 3 - Ensure your shoulders, arms, hands and fingers are relaxed during your practice.
- 4 - When moments of imbalance or instability occur, repeat the transitions until you feel more comfortable and stable. Ask for assistance.
- 5 - Develop a deeper sense of your body and increase your awareness of any tensions.
- 6 - Spend time doing basic stepping exercises, maintaining a low centre of gravity without lowering your body height.
- 7 - Regularly check your breath is centred in your lower abdomen.
- 8 - Be relaxed and enjoy your practice. Try to practice regularly, even for a few minutes each day, this is more beneficial than practicing for an hour once a week.
- 9 - Tune into your breath and how you are standing on a regular basis, even when you are not practicing Tai Chi.
- 10 - Focus on your movements coming from the waist and try to allow all of the body to move as one.