

LIVING ALIGNED

Universal Principles of Qi Cultivation The Dao of Taijiquan: Way to Rejuvenation by Tsung Hwa Jou

Lightness - "In any action, the whole body should be light." The movements should be light and natural, like clouds passing. Concentrate on relaxing.

Slowness - In the beginning movements should be performed slowly in order to concentrate on the details and develop balance. Make each movement slow and continuous.

Circular Movement - All movements of Tai Chi are composed of circular movements or the path of an arc as opposed to straight lines.

Constant Rate - Every movement is executed at a smooth, even pace.

Agility - The body is moved as a unit, with all the weight rooted in the feet, all movements controlled by rotation of the waist without the arms and legs moving separately, and fluidity of the arms, hands and shoulders so that energy flows to the fingers.

To Relax [Sung] - Motion is balanced so that you can mobilize immediately to either attack or escape, when necessary. By practicing Sung, you conserve Qi (Chi).

Three Powers - 1) Sinking the weight down through the feet, which corresponds to Earth. 2) Sending Shen up to the top of the head, which corresponds to Heaven. 3) Concentrating on the Tan Tien, which corresponds to Humanity.

Changes - Instead of imitating one's teacher, the student should through time and repetition develop his or her form individually, yet adhering to the basic principles of Tai Chi.

Sense Emptiness and Solidity - 1) Keep the line of the body's center of gravity passing through one foot, which is solid (where most of your weight is) and let the other be empty (less weighted). 2) Regardless which direction you move your body, the body's center of gravity the Tan Tien should trace a path parallel to the ground.

Breathing - Match the breathing with awareness of Yin-Yang changes in your hands' movements.

Consciousness - Movement should be visualized as well as executed physically, in other word use awareness rather than force.

Void and Stillness - Even though external changes may occur, internally remain calm and unaffected.