

Tai Chi Principles

In the *Essence of T'ai Chi Ch'uan* By Lo / Inn / Amacker / Foe – a brilliant book, there is Yang Chen Fu's 10 important points. In this book they say that as we appreciate the classics, may we be stimulated to continue the tradition, by adding insights and commentaries. I have my current top ten for you here, adapted from the classics. One of the fascinating things about Tai Chi is that the classics remain true today and fit with life in the 21st century.

As I explore the classics and listen and learn from wonderful teachers like sifu Roman Czerniawsky. I feel lucky to be part of this art.

My top 10

- ◆ Be patient, relaxed and enjoy
- ◆ Keep your uprightness
- ◆ Let the breath move the limbs
- ◆ Sink into the bubbling well – knees unlocked
- ◆ The waist is the commander of the whole body
- ◆ Seek stillness in movement – still as a mountain move like a great river
- ◆ Use mind not force – agile, relaxed. Where the mind goes the chi follows
- ◆ Circulation of internal force is like reeling silk – continuous, not broken
- ◆ Sink the weight, fold the hip
Move effortlessly from substantial and insubstantial
- ◆ The motion should be rooted in the feet, released through the legs, controlled by the waist and manifested through the fingers.
Relax, feel this harmonious movement.

One of the tricky things is to relax – I can't believe how difficult this is for us. Even if we recognize, in the things that we do each day, to sink the shoulders, breath and knees we are helping our body to relax a little bit more. It takes time and effort. Well worth it, is the word from my students and my own experience!

Take care of your body – it's the only one you have. It needs to last a lifetime. Worth investing in - I think so!

Jen Binney