TAI CHI QUAN
FUNDAMENTAL SKILLS

* Relax the neck and suspend the head from the crown point.

* The eyes should focus and concentrate on the direction in which the Qi flows.

* Relax the chest and arch the back. Slightly move the arms away from the body, the upper back between the shoulders feel being slightly lifted.

* Sink the weight of the shoulders, relax the elbows, let energy flow downward to the hands.

* Settle the wrists comfortably, extend the fingers naturally.

* The body should be straight and erect, not leaning to any side, entire body must be vertical and balanced.

* Keep the waist and thighs relaxed and movable.

* The knees look relaxed but can move freely with strength in any directions.

* The feet are flat on the ground and relaxed, and keep your attention on the center of the feet (or foot).

* Bear in mind that once you move, everything should be in motion; when you are still, everything should in stillness.

* The entire body must move in a unified, coordinated way.

* Distinguish insubstantial and substantial, usually only one leg and one arm should be substantial at a time.

* Your body should be natural, centered, balanced, and controlled. Do not over extended your arms, nor draw in too much.

* In your Tai Chi practice, your body should move like the rhythmic flow of water on a river or like the rolling waves of the ocean.

* Your entire body should be transparent and light. Let inside and outside fuse together and become one.

* Discover calm within action and action within calm.

* First the body should be light; then it will become limber. When limber it should move freely; when it moves freely you will be able to change the situation as needed.