

TAI CHI PRACTICE POINTS TO BEAR IN MIND

- The head is always held erect as if suspended from above
- The back is straight
- The pelvic bone is slightly tucked under to help straighten the lower back
- Shoulders relaxed, hanging down naturally
- Chest relaxed
- Keep the elbows down
- The knee does not go over the front toes
- Movement is initiated from the hips
- The legs are relaxed
- At the end of a posture the hips are straight
- Focus your mind in the tan tien, an area approximately two inches below the navel
- Allow the breathing to be relaxed
- The tongue touches the roof of the mouth
- Movements are smooth and even
- Allow the mind to be calm and quiet
- Consistent practice is essential for progress
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