



Ten Essential Points

- 1 Relax. Use just enough strength and no more. Avoid unnecessary tension.
- 2 Suspend the head. Raise the awareness and keep a light nimble energy at the crown.
- 3 Sink. Drop the chest and raise the back. Sink the shoulders and drop the elbows. The Chi goes to the Tan Tien.
- 4 Loosen the waist. Let the waist turn freely like a wheel upon an axle.
- 5 Differentiate substantial and insubstantial. Learn where the weight is and where it is shifting.
- 6 Use Yi not Li. Let the mind guide the movements and avoid forcing them.
- 7 Upper and lower follow. Tai Chi is rooted in the feet, developed in the legs, directed by the waist, and expressed through the hands.
- 8 Inside and outside coordinate. Concentrate the vision and let the inside direct the outside.
- 9 Continuous and unbroken. Use circular movements that are linked by the mind directing the Chi.
- 10 Seek stillness in movement. Let Tai Chi become your meditation.