

Linda's Tai Chi

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Shifting Weight

There are 2 core concepts in Tai Chi- circles and shifting weight. All hand and arm movements are performed in circles. Some circles are big and some are small. Some circles are full circles and some are a part of a circle. I use the word "scoop" when a circle is only partial.

This hand-out focuses on the concept of **shifting weight**.

I use various words and phrase to describe shifting weight:

1. Sit back
2. Roll back
3. Roll forward
4. Shift your weight (to the left or to the right)

All of these words and phrases mean the same thing- shifting your weight from front to back or side to side.

When shifting weight, the body never goes beyond the toe. The knee, hip, shoulders and head are aligned in the same sphere- straight up. . Avoid leaning forward or backward.

Even when your arm goes behind your body, your legs, hips, shoulders and head stay aligned.