



Linda's T'ai Chi

Weekly Handout April 26, 2020

Brush Knee

T'ai Chi Ch'uan Yang style (the ultimate supreme boxing) is an ancient exercise and martial art based on softness and internal focus instead of resistance and force. Its health and wellbeing benefits come from the slow choreographed motions, deep breathing and continuity of motion from one posture to another. Go with the flow is one way of thinking about T'ai Chi. In its fighting form, it is better to go with the flow using the opponent's energy and balance to your advantage. There is a saying in T'ai Chi:

"You don't move, I don't move. You intend to move, I move first. "I have a Tee shirt with that saying.

One of the foundational and signature postures in our 108 posture (depending on how you count you count the postures) long form is Brush Knee. It occurs about 10 times in the 3 set form. Brush knee occurs more than any other posture and is performed both on the left side and right side of the body. Single whip comes fairly close as a recurring posture occurring about 8 times in all 3 sets.

When you practice, it is a good idea to practice Brush Knee as a single posture. Do it about 10 times to make it smooth and ensure proper weight shifting.

Brush knee has all of the components that are found in all of the postures.

1. Softness
2. Standing tall from the waist
3. Silent shoulders
4. Empty step
5. Shifting weight
6. Circular motions. This posture uses the lenticular cloud or flat circular motion)
7. Circle round the elbow (Never the shoulder)
8. Lead with the belly button and not the shoulders or chin

It is important to remember in performing Brush Knee this sequence:

With either or right or left arm at your ear, and either your right or left arm at your waist line (flat palm) to:

Empty Step

Brush

Push (shift weight forward)

Regardless of what your arms are doing, you will take an empty step, brush the knee and then finally push as you shift your weight forward.

It is good to practice Brush Knee as often as you can.

Peace,

Linda