



Linda's T'ai Chi

Weekly Handout June 8, 2020

Making the Most of Online T'ai Chi Lessons

When learning from home, you may want to consider focusing on the basics of T'ai Chi:

1. Standing tall from the waist
2. Staying relaxed and soft- very soft.
3. Lowering the shoulders and keeping shoulders silent and still throughout. Shoulders roll open and closed in the socket but never rise or and fall. It is common when learning something new to "turtle"- raising the shoulders in a hunching posture. Try and avoid this. This serves to bring stress and tension to the neck and shoulders and this tension transfers throughout the entire body. The goal of T'ai Chi (Shibashi, Qigong) is harmony and tranquility.
4. Keeping elbows low and arms away from the body as if holding a small ball under your arm pit.
5. Expressing the postures in your wrists, hands and fingers. Being soft will help.
6. Focusing on a bow stance and T-step.
7. Leading with the belly button- the tush push.

It may be difficult for some to practice the entire set in our routines. So, practice one or 2 postures you like doing. In Shibashi, perhaps you like the mist rising on the lake or raising the sun (one of my favorites) or scooping the sea. Or, perhaps you may want to perform lifting air and pushing balloons under water. In T'ai Chi, performing the opening 3 movements sets the stage for all postures that follow. The goal here is to keep moving gently and breathing deeply and slowly.

Sometimes students do not want to practice for fear of doing something wrong or not remembering. Let this fear drift away. It is left over from the childhood experience of getting a star on your homework. Let it go. Practice something, Move, Breathe.

Do something each day. You may feel better for doing so.

Peace and Hope (as expressed in the Lotus)

Linda,