



Linda's T'ai Chi Ch'uan

Taijiquan

Weekly Handout July 25. 2021

The 10 Principles of T'ai Chi: A Series

Principle 1

Today begins a series of principles, 10 of them in all, written by Yang Cheng Fu. Yang Chengfu (1883-1936) is historically considered the best-known teacher of the soft style martial art of Yang-style t'ai chi ch'uan.

Each week for the next 10 weeks I will introduce a principle of Tai Chi. These principles are considered the foundation of T'ai Chi practice. I might suggest that during the week, we integrate the principle into our performance and practice of Tai Chi. By focusing on one principle at a time, the concept becomes second nature and our postures become smoother and softer.

Principle 1

Elevate the Crown and lift the Spirit – Xu ling Ding Jin - 虛靈頂勁

Empty the thoughts and raise the head as if the crown of the head is pushing up against the heavens. The neck must be straightened (tall) to allow the head to be raised. This allows the *shen* (spirit) and *qi* (energy) to arrive at the crown of the head. Do not use *li* (physical strength) or the neck will be stiff and *qi* and blood circulation will be hindered. One must have natural intention and emptiness in the mind.

Master Tung Kai Ying writes:

“The goal is not to demonstrate strength, power or violence. The goal is to attain serenity, tranquility, and the discovery of oneself. It is truly an exercise of the mind”.

Peace,

Linda

