



Linda's T'ai Chi Ch'uan Weekly Handout August 1, 2021

Yang Cheng Fu's 10 Essential Principles

Principle # 2

Last week I wrote about Principle # 1- Elevate the crown and lift the spirit. Here is Principle # 2 of the 10 Essential Principles of T'ai Chi Ch'uan.

Contain (sink) the chest, expand the back. (Han Xiong Ba Bei 含胸拔背)

The chest is slightly sunken so that the chi can sink to the dantien. This helps the breath to sink lower into the belly. The pelvis is tucked under. Drop the shoulders. If the chi gets stuck in the chest, the body will become top heavy and you will be easily uprooted. The back should be lifted or plucked up to avoid promoting kyphosis (excessive outward curvature of the spine, causing hunching of the back). When the back is lifted, power can be released through the spine.

Ba means to pull up or out, to draw up by suction. Bei means to carry something on the back or shoulders. This is simplistic as is the true meaning is more profound.

Peace. Linda

