



Linda's T'ai Chi Ch'uan Weekly Handout August 15, 2021

The 10 Foundational Principles of Tai Chi: The Series

Principle # 3: Remain Relaxed with no Tension

We have studied the first two principles of T'ai Chi in previous handouts:

Principle # 1: Elevate the crown and lift the spirit

Principles # 2: Sink the chest and lower the shoulders

We now visit Principle # 3: "Song" the waist. The waist is the commander of the body. When one is able to "song" the waist (relax and soften) the waist qi will increase in the legs and thus provide a stable base for firm rooting. There is a saying that the source of qi is from the waist, therefore if one lacks strength, one should pay attention to the waist and the lower limbs.

1. Relax and loosen all of the joints- not limp: firm but soft and loose
2. Align properly so that the power is from the root in the ground
3. T'ai Chi transfers energy in the form from the ground up. Energy and power are tension free. We transfer energy upward from the feet, to the waist, to the spirit rising and expressed in the fingertips.

This principle is applicable to all exercise and movement, even walking. Keep practicing your 5 Breaths to improve your softness. Practice cloud hands as well. Cloud hands is a good exercise to soften, let go and relax.

Peace,

Linda

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