



Linda's T'ai Chi Weekly Handout November 14, 2021

## The 10 Foundational Principles

### Principle # 5

We have been studying the 10 Foundational Principles of T'ai Chi. Lifting the head, sinking the chest, lowering the shoulders, softening the hips to let the center of our body rule the movements of each posture. Now we come to Principle # 5:

#### **Harmonize the upper and lower parts of the body**

T'ai Chi is rooted in the feet, released from the legs, controlled by the hips and moving through the back and arms and finally expressed by the fingers.

Our feet must be firmly planted in the bubbling well spring, attached like roots of a tree to the earth below. Knees must be slightly flexed, so that the upper and lower body move in harmony. The parts of the body are strung together without the slightest break.

We honor the long tall spine, or the string of pearls and allow the upper and lower parts of the body to move as one continuous smooth motion. This can only be achieved by turning the hips with each posture. Think of the belly button guiding your way.

This is true for both standing and seated Tai Chi and Qigong.

Peace, Linda