



Linda's T'ai Chi Weekly Handout December 5, 2021

The 10 Foundational Principles

Principles # 6: The Entire Body moves as One Unit



Think about a wind mobile. If you flick one corner of a wind mobile, the entire mobile goes in motion. That is how our body should perform in T'ai Chi. The body moves as one complete unit, not just a hand, leg or arm. Once one part of your body moves, every other part of your body should also be in motion.

When you are still, everything should be still.

Be still as a mountain and move like a great river.



Skagit River, WA State