



Linda's T'ai Chi Weekly Handout October 22 2023

What are the basics of learning T'ai Chi & Qigong? Lesson 3

Welcome to Lesson 3 of Learning the Basics of T'ai Chi or Qigong. In lesson 1, we focused on placement of the feet. We place our feet in the bow and arrow stance – the leading foot pointing in the direction if we were to walk forward. The back foot is at an angle. This stance is the safest and easiest on your back, hips and knees. It is hard to say when this foot stance was invented but it has been used through the eons in many cultures. It is certainly the most stable of all stances. I use this stance when I am waiting on a line, or have to stand for a long period of time. I used the stance when I sang in choirs. So, it is good to use in class and in your life outside of Tai Chi or Qigong.

Then, we learned about the Tai Chi clock. We use the positions on a clock when placing our leading foot as we go from one posture to another. Remember, Tai Chi and Qigong are built on circles and spirals.

Today I write about the third basic concept of Tai Chi- Letting the body move naturally. There are no movements or postures in tai chi or qigong that you do not use every day as you go about your daily activities. When you can walk, you are doing Tai Chi. When you are going up and down stairs, you are doing tai chi. If you have pushed a child on a swing, you are doing tai Chi. When you wipe a table, you are doing Tai Chi.

Lesson 3 is easy breezy- no reaching, twisting, locking elbows or knees.

Peace, Linda