

Tai Chi Principles



Movement
Control

Move Slow, Smooth & Continuous

Move with Gentle Resistance

Body
Structure

Upright Posture & Body Alignment

Conscious of Weight Transference

The Four Essential Concepts

Internal
Components

JING – “mental quietness - focus” 精

SONG – “relax & loosen (stretch) joints”

CHEN – “sinking” (Sink your Qi to dan tian)

HUO – “agility or ability to move nimbly”