

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”

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