

"Tai Chi is an art with strength concealed in gentle movements, like an iron hand in a velvet glove, or a needle concealed in cotton." Yang Cheng-fu

Yang style tai chi is characterized by movements that combine vigor with gentleness and that are gentle, natural, flexible, continuous, evenly paced, relaxed, and synchronized with one's mind.

There is an old Chinese saying: *"Without following dimension and specification, one cannot build anything with precision."* In other words, *"Follow the guidelines to attain high achievement."*

First Essential:

Xu ling ding jin - An insubstantial energy leads to the top

Straightening the head

The head must be level and the neck straight. The eyes will be level not looking up or down. By doing this your spirit and vitality will be lifted up. The eyes will follow the direction of the movements. The mouth will be closed with the tongue lightly pressing against the roof of the mouth.

Second Essential:

Dong zhong qiu jing - Tranquility in movement

Chi sinks to the dan tien

Yaun Chi, the primordial/inherited from your parents, sinks to the dan tien and post natal chi (air we breathe) is smoothly flowing

Third Essential:

Chen jian zhui zhou - Sink the shoulders, drop the elbows, settle the wrist, extend the fingers

Fourth Essential:

Han xiong ba bei -- Sink the chest, lift the back

Fifth Essential:

Song yao - Relax the waist

Sixth Essential:

Fen xu shi - Distinguish substantial and insubstantial

Seventh Essential:

Nei wai xiang he - Combine the internal and external

Eighth Essential:

Yong yi bu yong li - Use the mind instead of force

Ninth Essential:

Shang xia xiang sui - Integrate upper and lower body

Tenth Essential:

Xiang lian bu duan - Continuous without interruption