



Principles of T'ai Chi Chih Movement

T'ai Chi Chih is a moving meditation originated by Justin Stone

Concentration

Concentrate your mind on the soles of your feet ("Bubbling Spring"),
or on your T'an T'ien (2 inches below your navel)

Soft ... without effort ... "effort of no effort" ... relaxed and leisurely

Move with softness and continuity as if flowing through very heavy air

Breathe normally and without effort

Resting Position

Straighten your spine from your tailbone to the top center of your head, as if suspended by a string, or as if standing like a stack of coins

Relax your shoulders, waist and wrists

Slightly bend your knees, with feet flat on floor and toes turned slightly outward

Bend elbows and turn hands palms down with fingers cupped and relaxed

Always return to Resting Position ("graceful conclusion") between movements

Motion

Flow from the center of your body

Prevent your body from leaning in any direction

Generate arm movement from your waist, led by your T'an T'ien

Hands and wrists move in soft, circular motion with fingers separated and relaxed

Motion is slow, gentle and continuous throughout movement

Weight Shift

Shift weight fully to the "substantial" (yang) leg, when moving forward, backward, or to side

Slightly raise toes or heel of "insubstantial" (yin) leg with forward or backward motion

Place heel down first when moving feet

Bend knees slightly to avoid rising and sinking while shifting your weight