

## Six Essential Tai Chi Principles

### Outward Movement

#### Slow, smooth continuous

Make your movements continuous, like water flowing in a river.

#### Resistance

Imagine you're moving against a gentle resistance - like moving in water.

### Body Structure

#### Posture

Golden Thread holds your head to the sky, your knees slightly bent, your chin tucked in, and your pelvis tucked under. Your ear, shoulder, hip should align.

#### Weight transference

Be aware when you transfer your weight, be aware of each step of your weight transference. This is important for improving mobility, coordination, and stability.

### Internal Movement

#### Song (relax open)

Relax open your joints, gently stretching them from within Think of internally expanding each joint.

#### Jing (focus)

Pay attention to your body and the movements you are making. Be aware of your surroundings, but focus on what you're doing.

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## Tai Chi for Diabetes (TCD) Form

### Basic Movements

Form 1 - Commencement  
Form 2 - Open and Close  
Form 3 - Wave Hands in Clouds (L)  
Form 4 - Open and Close  
Form 5 – Fair Lady Working at the Shuttle (L & R)  
Form 6 - Open and Close  
Form 7 – Toe Kick (L & R)  
Form 8 - Open and Close  
Form 9 - Wave Hands in Clouds (R)  
Form 10 - Open and Close  
Form 11 - Closing

### Extension Movements

Form 11 - Wave Hands in Clouds (L)  
Form 12 - Open and Close  
Form 13 – Stroking Bird's Tail (L)  
Form 14 - Open and Close  
Form 15 - Stroking Bird's Tail (R)  
Form 16 - Open and Close  
Form 17- Wave Hands in Clouds (R)  
Form 18 - Open and Close  
Form 19 – Closing

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Form 14 - Open and Close  
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