

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 Energy (TCE) Form

Form 1 - Commencement
Form 2 - *Chen* - Golden Guard
Stamping Ground (right)
Form 3 – *Sun* - Open and Close
Form 4 – *Sun* - Single Whip (left)
Form 5 – *Sun* - Wave Hands in
Clouds
Form 6 - *Sun* - Open and Close
Form 7 – *Chen* – Punch with
Covered Fist (right)
Form 8 – *Sun* - Open and Close
Form 9 - *Chen* – Punch with
Covered Fist (left)
Form 10 - *Sun* - Open and Close
Form 11 - *Sun* -Single Whip (right)
Form 12 - *Sun* – Wave Hands in
the Clouds (right)
Form 13 - *Sun* - Open and Close
Form 14 - *Chen* - Golden Guard
Stamping Ground (left)
Form 15 - *Sun* - Open and Close
Form 16 - Closing

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