

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 Osteoporosis (TCO) Form

- 1 - Commencement
- 2 - Open and Close
- 3 – Wave Hands - Left
- 4 – Open and Close
- 5 – Brush Knee
L – R – L = R
- 6 - Open and Close
- 7 – Kick L-R
- 8 – Open and Close
- 9 – Repulse Monkey x 4
(start with right hand to the
back)
- 10 - Open and Close
- 11 – Wave Hands – Right
- 12 - Open and Close
- 13 - Closing

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