

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

When transferring your weight, be aware of each part of the movement. 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.

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

When transferring your weight, be aware of each part of the movement. 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.

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

When transferring your weight, be aware of each part of the movement. 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.

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

When transferring your weight, be aware of each part of the movement. 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.

Institute - www.tchi.org

This international certifying entity (i.e. university) for Dr Paul Lam's Tai Chi for Health programs is an Australian non-profit, run by a Board of Master and Senior Trainers and instructors with Dr Lam as Director.

Instructor membership is automatic upon receipt of TCA Instructor's Certification. Cost included in the certification/re-certification fee. Member benefits include: listing on the TCHI website; TCP discounts; Dr Lam's monthly newsletter. Premier membership (\$30 AD/year) benefits include: additional TCP discounts; prime listing on website instructor database; use of TCHI logo. MT and ST membership - additional fee and benefits.

Book Store - www.tcp.com

The online store at which you can purchase Tai Chi for Health books, DVDs, music CDs, etc.

Community - www.tchc.info

This professional development entity, established to promote Tai Chi for health and wellness, is a US 501-C3 (non-profit).

Membership by application (\$45 USD/year). Benefits include: member listing/profile on the website; discounts for Dr Lam's and some MT workshops; and access to an Events Calendar for professional development opportunities, USA workshop scholarships, group insurance at a reduced rate, and a quarterly newsletter.



Institute - www.tchi.org

This international certifying entity (i.e. university) for Dr Paul Lam's Tai Chi for Health programs is an Australian non-profit, run by a Board of Master and Senior Trainers and instructors with Dr Lam as Director.

Instructor membership is automatic upon receipt of TCA Instructor's Certification. Cost included in the certification/re-certification fee. Member benefits include: listing on the TCHI website; TCP discounts; Dr Lam's monthly newsletter. Premier membership (\$30 AD/year) benefits include: additional TCP discounts; prime listing on website instructor database; use of TCHI logo. MT and ST membership - additional fee and benefits.

Book Store - www.tcp.com

The online store at which you can purchase Tai Chi for Health books, DVDs, music CDs, etc.

Community - www.tchc.info

This professional development entity, established to promote Tai Chi for health and wellness, is a US 501-C3 (non-profit).

Membership by application (\$45 USD/year). Benefits include: member listing/profile on the website; discounts for Dr Lam's and some MT workshops; and access to an Events Calendar for professional development opportunities, USA workshop scholarships, group insurance at a reduced rate, and a quarterly newsletter.



Institute - www.tchi.org

This international certifying entity (i.e. university) for Dr Paul Lam's Tai Chi for Health programs is an Australian non-profit, run by a Board of Master and Senior Trainers and instructors with Dr Lam as Director.

Instructor membership is automatic upon receipt of TCA Instructor's Certification. Cost included in the certification/re-certification fee. Member benefits include: listing on the TCHI website; TCP discounts; Dr Lam's monthly newsletter. Premier membership (\$30 AD/year) benefits include: additional TCP discounts; prime listing on website instructor database; use of TCHI logo. MT and ST membership - additional fee and benefits.

Book Store - www.tcp.com

The online store at which you can purchase Tai Chi for Health books, DVDs, music CDs, etc.

Community - www.tchc.info

This professional development entity, established to promote Tai Chi for health and wellness, is a US 501-C3 (non-profit).

Membership by application (\$45 USD/year). Benefits include: member listing/profile on the website; discounts for Dr Lam's and some MT workshops; and access to an Events Calendar for professional development opportunities, USA workshop scholarships, group insurance at a reduced rate, and a quarterly newsletter.



Institute - www.tchi.org

This international certifying entity (i.e. university) for Dr Paul Lam's Tai Chi for Health programs is an Australian non-profit, run by a Board of Master and Senior Trainers and instructors with Dr Lam as Director.

Instructor membership is automatic upon receipt of TCA Instructor's Certification. Cost included in the certification/re-certification fee. Member benefits include: listing on the TCHI website; TCP discounts; Dr Lam's monthly newsletter. Premier membership (\$30 AD/year) benefits include: additional TCP discounts; prime listing on website instructor database; use of TCHI logo. MT and ST membership - additional fee and benefits.

Book Store - www.tcp.com

The online store at which you can purchase Tai Chi for Health books, DVDs, music CDs, etc.

Community - www.tchc.info

This professional development entity, established to promote Tai Chi for health and wellness, is a US 501-C3 (non-profit).

Membership by application (\$45 USD/year). Benefits include: member listing/profile on the website; discounts for Dr Lam's and some MT workshops; and access to an Events Calendar for professional development opportunities, USA workshop scholarships, group insurance at a reduced rate, and a quarterly newsletter.

