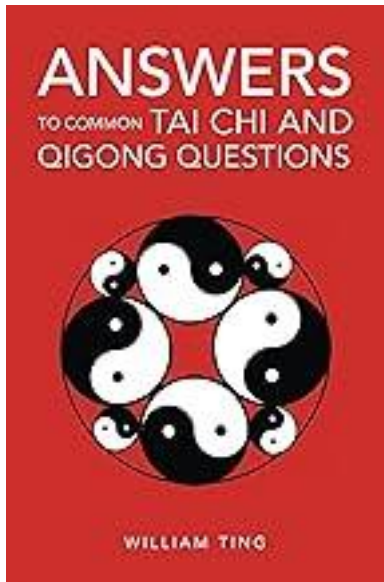




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Answers to Common Tai Chi and Qigong Questions  
by William Ting



Available at: [Amazon Link](#)

From the back cover of the book:

WHAT'S INSIDE

Written in a “Questions and Answer” format, this book is intended to share a Master’s secrets to performing high level Tai Chi and Qigong. Based on queries which came into his website for the past 15 years, as well as questions from his own classes and experience, Master William Ting has penned the perfect primer for Tai Chi and Qigong students.

Ranging from deceptively simple topics to extremely complex subjects, Master Ting has created a manual from students of all styles, forms and experience. Relying heavily on Basic Principles, good posture and internal awareness, this book is

an extraordinary accounting of common Tai Chi and Qigong questions and answers for practitioners of every level.

**Qigong Section:**

**Referencing Q1, Q2 & Q3 in the book:**

*How do you describe Qi?*

*How do you experience this feeling? Is there a certain Form or Movement that you can feel your Qi more pronounced?*

*Any take away from the author suggestions?*

**Referencing Question 8:**

*How do you keep the mind calm while practicing and why is it so important?*

*What did you think about the author’s explanation, “If thoughts come to mind, do not reject them by forcing them away.... but not to concentrate on them either” .... instead....” use the mind to observe what the body is doing...” (pp. 37-38)*

**Reference Question 16:**

*If you know you have made a mistake while practicing the form, should you stop and correct it at that point, or should you continue and correct at the completion of the form?*

*What do you think or do in this instance?*



**Tai Chi Section:**

**Referencing Question 20:**

*Should a student practice Tai Chi with Music? (p. 67)*

*What are your thoughts on this?*

*What is your experience using music in classes or practicing on your own? Do you find it beneficial, or does it cause your attention to be drawn away from the Tai Chi and more towards the music?*

**Reference Question 25:**

*Is there a way to know if you are doing Tai Chi correctly if you have no one to check your posture? (p.82)*

*What are your comments in reference to his answer?*

**Referencing Question 28:**

*Is it better to practice Tai Chi inside or outside?*

*I believe he gave an adequate answer. Then he goes into more description explaining different situations. What are your thoughts?*

**Push Hands/Walking Tai Chi Section:**

**Referencing Question 38:**

*(Q) Could you explain why you say principles are more important than technique? (p. 128)*

*What Tai Chi Principles do you enjoy practicing with and how have these principles deepened your Tai Chi practice or understanding?*

**Referencing Question 43:**

*This question had to do with “Walking Tai Chi.” (pp. 146-148)*

*Does anyone practiced “Tai Chi Walking” and how would you describe it?*

*What did you think of the author’s explanation, “where the weight stays predominately on the back foot and the foot pulls the body forward, much like a cat walks?”*

**Miscellaneous Section:**

**Referencing Question 44:**

*(Q) You often remind us not to watch our hands or feet. You tell us to see, but do not look. What should we do with our eyes and where should we direct our view when we practice. (p. 149)*

*Do you practice posture exercise that the author suggested? Thoughts?*



**Referencing Question 49:**

*(Q) I have read that we use our mind to lead Qi, but what does that really mean? (pp. 166-167)*

*What does this mean to you?*

**We began our first question with Qi and it seems fitting to end with this concept of Qi as it is the ultimate goal....to increase the Qi flow within.**

**Add your own questions:**