



# BOUNDLESS POTENTIAL LIVING

*Ease and well-being, whatever the challenge*

Barbara Penn, Director  
910-690-2937

www.boundlesspotentialliving.com  
413-269-0233



All of Tai Chi is Yin/Yang - this diagram

**“hands stir the stars, feet turn the earth”**

*The following is just FYI so that as you practice and continue over the years with Tai Chi you will know what is important to continue and to develop: for now, pick one or two principles and concentrate on them when you practice – like SLOW AND SMOOTH, CONTINUOUS, CONSTANT RATE*

*Remember Tai chi comes from the martial arts – developed as a martial art, even though mainly today taught as health practice*

The **13 Essential Postures** from which all Tai Chi movements arise:

Movements that control the upper body:

- peng = ward off
- liu= roll back
- ji=press
- an=push

Movements that control lower body:

- Cai = pluck or pull (down)
- Lie= split
- Zhou=elbow
- Kao=bumping or shoulder

## THE **FIVE STEPS** OF TAI CHI

- Jin bu = Advancing forward
- Tui bu = Retreating backward
- Zuo Ku = Stepping to the Left
- You Pan = Stepping to the Right
- Zhong Ding – Central Equilibrium –“be still as a mountain and move like a great river”

Some basic **PRINCIPLES** – they develop over time and have to be shown i.e. Yin/Yang - in every movement:

- in any action, whole body should be **LIGHT AND AGILE**
- all body joints (9) are connected/linked-whole body is linked
- movement should be continuous, slow, and in most forms constant rate
- energy is rooted in the feet, bursts out in the legs, is controlled by the waist and expressed in the hands
- must distinguish substantial (weighted) from insubstantial (unweighted)
- when something up, must be something down
- something forward, something back
- something left, something right
- no independent movement of the arms/hands
- all turns are initiated from the waist
- **DANTIAN LEADS ALL MOVEMENTS**
- breath from energy center – lower abdomen but do not force this

## DEVELOP AN ATTITUDE OF **PLAY**

No Hurry in Tai Chi