

Qualities of the practice at a Glance

6 steps for of Qigong practice

1. Calm mind-still the mind from looping thoughts
2. Relax body-deeper fuller and slower breathing
3. Qi flows freely through the body to open meridians(energy pathways)
4. Mind(Yi) directs the Energy (Qi)
5. Can absorb Qi and direct the Qi where needed as meridians are clear and open, can direct it to areas of the body with low energy.
6. Synchronize breathing with the movements

Essentials of the practice:

- Maintain an upright posture lifted ribcage with strong core to maintain spinal support without undue tension... The Qi flows best in an upright position
- Loose joints “Song the joints”) relaxed but don’t let the muscles get sloppy
- Full deep breathing to energize
- Clear your mind and stay focused on your movements. Know your intension (beliefs and expectations). Moment to moment awareness of body positions, breath and sensations promote mindfulness and improved focus.
- Imagine moving against a resistance...like moving through water...help to cultivate internal force...using the core muscles. Visualize being in a peaceful place during your practice. Together can contribute to the therapeutic and psychological effects of Tai Chi and alter your intensions.
- Create slow deliberate continuous movements, transitioning smoothly into the next without jerking, to foster intense self-awareness, strength and flexibility.
- Be conscious of weight transfer to develop mobility, coordination and stability

3 parts to the Tai Chi Movement

- Foot placement
- Weight transfer
- Follow through

Extending the Essentials of Tai Chi

Jing ... mental quietude

Song ... relaxation through movement

Chen ... enhances stability, song and chi cultivation practice sinking the chi exhalation into the low dan tain...

Huo ...agility—from the regular practice of posture, weight transfer, control of movement, loose joints and strong internal strength aids in the Qi cultivation and improves flexibility.

There are five major styles of Taijiquan, each named after the Chinese family that teaches it:

- Chen style - 陈式
- Yang style - 杨式
- Sun style - 孙式
- Wu Hao style of Wu Yu-hsiang - 武式
- Wu style of Wu Ch'uan-yü and Wu Chien-ch'uan - 吴式

Variations of above styles

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