



**FOREVER TAI CHI!**

### **Ten Essential Points of Tai Chi**

1. Head must be upheld as if suspended from a cord from heaven.
2. Must sink and hollow the chest.
3. Waist must turn freely like the axel on a wheel.
4. Sink (relax) the shoulders.
5. Distinguish between yin and yang.
6. Use the mind, not muscle.
7. Coordinate between the upper and lower body.
8. Unite the internal with the external.
9. Continuity of motion without interruption.
10. Seek stillness in motion.

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### **Twelve Key Words of Tai Chi**

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| 1. Breathing     | 7. Emptiness     |
| 2. Relaxation    | 8. Slowness      |
| 3. Concentration | 9. Eveness       |
| 4. Visualization | 10. Fullness     |
| 5. Sinking       | 11. Coordination |
| 6. Balance       | 12. Rooting      |