

Fundamentals

Embodying principles with ease

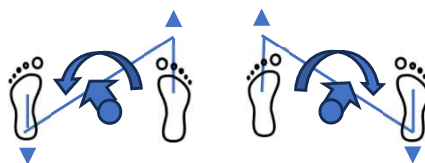
Mike Jan 2025



To find 'Relaxation' with ease...

'Sit' while standing

*Feel the release as if starting to sit on a chair
Let your skeleton and tendons hold you up
Feel how 'sitting' squares you up in 70:30
Feel sacrum hangs vertically => pelvis is level
(= '1000lb on tail bone' or 'breathe into back')*



To 'Move from the TanTien' with ease...

Rotate using hips + Open 'kwa'

*Feel rotating TanTien moves one hip back
one hip forward (knees stay over feet)
Feel opening 'kwa' is like 'riding a horse'
Feel your hips move before shoulders
(= Try doing Tai Chi with hands on hips)*



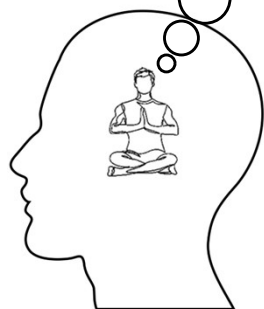
To be 'Upright' and '100%' with ease...

'Receive' the weight ('down')

*Feel 'knee over midline' + 'bubbling well'
Feel weight dropping moves TanTien,
as if 'sliding downhill' or 'pulled by gravity'
Feel 'thread from heaven' still holds you up
(= NOT 'pushing off' / shifting 'across')*

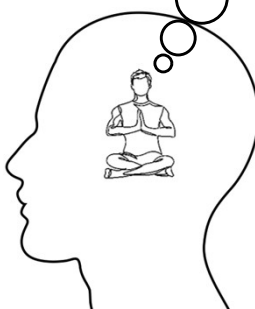
Be comfortable

'Sit' to feel
physically AND
mentally relaxed



Accept your limits

Don't stress your
body & mind to
reach false 'goals'



Be 'mindful'

- NOT 'mind full'

Just be 'present' &
observe what happens

