

Beginning Form

Being in Principle

via the postures of the form

Mike Jan 2025



Relax (shoulder width + unlock knees/ankles + 'sit' + elbows hang + breathe through nose into TanTien)
+ *Breath is 'slow, long, thin, and quiet' = this is not a gym workout, this is meditation in motion*



Be Upright ('hang like puppet' via 'thread from heaven' + 1000lb on tailbone ['let go' sacrum] + 1lb on chin)
+ *Find 'internal straightness' = feel like your body is an 'open channel' between heaven and earth*



Move from TanTien (hips move to rotate + don't twist [keep 'nose-navel' alignment] + don't 'over-strive')
+ *Let 'Qi sink to the TanTien' = power comes from the ground through the movement of hips (TanTien)*



Distinguish full vs empty (if weight is in one foot - not on front, back, inside, or outside - other can step empty)
+ *Don't be 'double-weighted' = your weight is always going down through just one foot - even in 70:30*



Keep Wrists Beauteous (wrist joint is open so Qi flows 'like water through hose' + tongue 'as if saying la')
+ *Have 'fair maiden's hands' = not hard or calloused from work, so touch is soft and sensitive*

+ *"The mind moves the Qi, the Qi moves the body" = trust the image in your mind, don't try to control movements directly*