Beginning Form

Moving in Principle

Mike Jun 2026



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



Be Upright (hang from a thread [connect to 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*



Distinguish full vs empty (send 100% into one foot [via bubbling spring] + other steps empty + differentiate arms)
+ Don't be 'double-weighted' *= your weight is always going down through just one foot - even in '70:30'*



Move upper body via TanTien (x-connect arms & legs + role of 'kwa'/hips/pelvis + don't twist [keep nose-navel])
+ Let 'Qi sink to the TanTien' *= power comes from the ground, transmitted by the movement of kwa/hips/pelvis*



Keep Wrists Beauteous (all joints are 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' *= move by paying attention to the image, not by using muscles*