

Beginning Form

Being in Principle

Mike Jun 2026



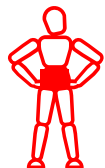
Relax (shoulder width + unlock knees / ankles + 'sit' + elbows hang + breathe through nose into TanTien)
+ *Breath is 'slow, long, thin, and quiet' = this is not a gym workout, this is meditation in motion*



Be Upright (hang 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 (step 'empty' by sending 100% down through other foot + [LATER?] differentiate arms)
+ *Don't be 'double-weighted' = your weight is always going down through just one foot - even in '70:30'*



Connect upper & lower body (connect arms & legs + don't twist / nose-navel + role of 'kwa'/hips/pelvis/TanTien)
+ *Let 'Qi sink to the TanTien' = power comes from the ground through the movement of kwa/hips/pelvis/TanTien*



Keep Wrists Beauteous (all joints are open, so Qi flows 'like water through hose' + tongue is '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*