

## Beginning Form

## Being in Principle via the postures of the form

Mike Jan 2025



**Relax** (shoulder width/parallel feet + unlock knees/ankles + elbows hang + breathe through nose)  
*+ 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 TanTien through the movement of hips*



**Be 100% or 0%** (weight spread evenly [not front/back/inside/outside] + if one foot is full, the other is 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 Qi, Qi moves the body" = trust the intention / image in your mind, don't directly try to control movements*