

Middle Tantien , center of the body. Purpose is for posture.

Lower Tantien, three fingers below the navel and deep into the middle of the region. All hollows should be empty of tension but full of energy. Purpose is for energy or power.

Add hollows in the hands and then hollows in the feet. Next add hollows in the arm pits or arm joint area and in the leg crease or inguinal crease area. If the leg region is very tight the arm area will be very tight.