

Master Ting's Key phrases for Tai Chi Principles

Always feel like you are sitting in a chair.
Feet are always turning.
You are constantly expanding.
Your toes feel like they are very long.
You have rubber bands on your hands to connect them.
Make circles at the end of each movement before you start another movement.
Sink, turn, expand.
Elbows feel like they are going forward.
Your hips match the turning of the hands or your hips guide the turning of the hands. (?)
Your fingers match the toes.
Your back feels like it is touching the back wall.
Your hands feel like they are touching the front wall.
Feel like there are rubber bands on your hands to connect them together.
Weight on the heel, toes feeling long, then sitting in a chair puts your weight in the center.
Mud walking. Will review this some day****
Lift the bai wai (top of the head)
Center of the Hands and Feet must be hollow.
Connect the hollow in the hands with the bai wai point.
Jade pillow must be open,
Ming men must be open (lower Back)
Elbows resting on your knees or elbows match the hollow in your kua.
Kua must be hollow,. Inguinal crease area
Nose and navel in one line.
DON'T SHRINK.
Your arms must be heavy. Practice with weights hanging off your elbows.
Every joint must be open.
Door knobs on your hands because it matches the turning of the feet.
The whole front of your body is a hollow.
The knees connect in the front.
Both arms make up two bows. The third bow is the front and back of the body??
Turn the inside bones.
Most important it to NOT bend the wrist. Bad habit for yang style folks. Makes the muscles in the forearm tight.
Let go of muscles in the back of your legs.
When turning right , weight is on the left, sink the right Kua and the right foot is deep into the ground. Vise versa for the left turn.
Cover the room with your energy. HMMMMM

New as of November 15th

There are many hollows in the body. Start with the three down the front of the body.
Upper Tiantien in the area we call the jade pillow, behind nose area. Purpose is for body awareness.