

Principles of the Cheng Man-Ch'ing Simplified Yang Style Tai Chi Chuan

Five Basic Principles:

(Represented with the Acronym BURST)

B: Beautiful Ladies Hand

Straight relaxed wrists

No tension in arms, wrists or fingers

U: Upright Body

Coccyx tucks in slightly to straighten lower back

Imagine that tail bone is if pulled down with weight

Chin turns slightly down

Top of head is pulled up as if lifted with a string

Lower body is pulled down to the ground with gravity

Upper body floats loose and free as if suspended

R: Relax

Be aware of and let go of any tension in the body

This is the pivotal principle in Tai Chi

S: Separate the Weight

Weight not to be distributed evenly on both legs

One leg is 'Substantial' and the other is 'Insubstantial'

(Except for in the Preparation Posture)

T: Turn the Waist

Never move the body independently of the hips/waist

All movements come from the hips/waist

Move from the hips/waist

Power comes from the legs

Is controlled by the waist/hips

Is expressed through the fingers

Additional Concepts:

Softness (Yielding)

Water is the softest element in the universe yet unstopable. Soft always overcomes the hard

Momentate (Made up verb)

Momentum from one movement leads into the next

Movements always flow from the previous movement

In essence; Only one movement from start to finish

Silk Reeling

Movements are steady with no break between postures

Like pulling silk from a cocoon

Natural Breathing (as opposed to reverse breathing)

Breathe through the nose

Tongue lightly touching upper palette

Breathe like a little child

Abdomen expands when inhaling

Abdomen contracts when exhaling

Additional inhalation into the back of the lungs

Allow chest to sink

Rooting

Weight falls naturally with gravity to the ground

Imagine you are being rooted to the ground through feet

Swimming in Air

Air has substance which you will feel as you relax

Tai Chi is like swimming in air