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10 Important Concepts of Tai Chi

Practicing Tai Chi is not merely a swing of the arm and the movement of the feet. There is a reason behind every movement and style that is made. These concepts paved the way to building every form of Tai Chi. So you have to pay close attention on the things that are not brought up every once in a while because even though if things seem so basic, they are indeed important.

Here are 10 of the most important concepts of Tai Chi that you should never take for granted. Remember these and it will make you appreciate more the forms that are performed.

Concept #1

Tai Chi is done with emphasis on every movement and the fashion of every pattern must be in connected with one another. Meaning every motion made must always start from the spine, going down to the waist, then moving lower to the legs and the feet, then it is simultaneously going up to the body then the arms, hands and last, the fingers.

Concept #2

Maintain your shoulders dropped so that any tension will be eliminated. Shoulders that are always propped are said to have overflowing tension.

Concept #3

Your wrists must always be straight in order to form a lady's hand if you are performing the Cheng form. All points apply to all forms of Tai Chi but the lady's hand is basic and a very important trait of the Cheng form in order to cultivate the energy flowing in the body.

Concept #4

Moving slowly should always be done every step of the way. It can never be overemphasized because the slow smoothness of your motions will improve the connection of your body and your environment.

Concept #5

If you base what you do on inaccurate information, you might be unpleasantly surprised by the consequences. Make sure you get the whole Tai Chi story from informed sources.

Never let anything disconnect you. You should always stay connected with every instruction. If you have been disconnected, continue to perform the movements and listen carefully to the instructions so that you can overcome any distraction.

Concept #6

Your knees must always be bent during the entire form. Your height must not bob down and up. There are some considerations but all the while, your height must always be maintained at a level that is constant.

Concept #7

The power of Tai Chi travels differently from the movement of Tai Chi. Power of Tai Chi will start from the feet going up to the legs, controlling the shoulders, and will be expressed by the fingers and hands.

Concept #8

Your head must be maintained as if it was suspended on air.

Concept #9

Your chest must be depressed and your back should be raised but this must be done without exerting any force.

Concept #10

Your breath must be focused on your dan-tien but force must not be exerted. As time in the program may pass, there will be accomplishments that will fulfill you like synchronizing your breathing with the movements that you make.

You should always consult your teacher when to exhale or inhale.

This article's coverage of the information is as complete as it can be today. But you should always leave open the possibility that future research could uncover new facts.

About the Author

By Anders Eriksson, feel free to visit his soon to be top ranked Perpetual20 training site: [Perpetual 20](#)

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