




# Embodied Tai Chi and Qigong

## ‘5 Principles in 3 Postures’



‘Never do anything that is uncomfortable. After uncomfortable comes tension ruining your practice. After tension comes discomfort. After discomfort comes injury.’

	 <i>Grasp the Sparrows Tail</i>	 <i>Throw Down</i>	 <i>Double Handed Push</i>
Stability	Start by feeling your best bouncy springy feeling in the left leg. Step diagonally forward and find your best bouncy springy feeling in the right leg.	Sit back turning the hips so your best bouncy springy feeling moves to the left leg.	Turn the hips back moving your weight forward so the bouncy springy feeling again moves to the right leg.
Intention	A bird is sitting in the palm of the right hand but the intention is on the tips of the fingers of the left hand as they gently press on its tail feathers that rest on your right wrist. Compassion, sufficient pressure from the fingers to prevent the bird flying away but also causing it no harm. An expanding ‘Yang’ movement.	The left palm turns out but the intention is on the right palm that turns downwards. Firmly but gently planting a delicate seedling in the ground. With compassion for a living plant - nature. Associated with the element EARTH, grounding. A contracting ‘Yin’ movement.	The back of the right wrist floats up and away in front of your body. The left hand follows the right hand rotating anti clockwise so the base of the palm comes up and presses against the right wrist joint. The element associated with the movement is WATER, having hidden depths. The left hand that pushes forward is like a wave on the sea shore but is hidden behind the right arm. An expanding ‘Yang’ movement.
Breath	Out breath relaxing your diaphragm and then your abdomen.	In breath drawing the abdomen in, your diaphragm up.	Out breath relaxing your diaphragm and then your abdomen.
Attention	Turn the right palm upwards fingers open until you feel the muscles, tendons and fascia in the right arm. Rotate the left hand anti clockwise fingers pressing forward until you feel the muscles, tendons and fascia in the left arm.	Both hands rotate clockwise fingers relaxed until you feel the muscles, tendons and fascia in each arm.	Both hands rotate anti clockwise with fingers relaxed, left hand pulled back at the wrist until you feel the muscles, tendons and fascia in each arm.
Connection	You are connected with the ground through the springy bouncy feeling in the right leg. Tuck your tail bone in letting your head float up connecting the right leg to your spine. Open your shoulder blades connecting yours arms to your spine. Pay attention to the muscles, tendons and fascia in the left arm. This connects the centre of the Earth to your left finger tips.	You are connected with the ground through the springy bouncy feeling in the left leg. Tuck your tail bone in letting your head float up connecting the left leg to your spine. Close your shoulder blades connecting yours arms to your spine. Pay attention to the muscles, tendons and fascia in the right arm. This connects the centre of the Earth to your right palm.	You are connected with the ground through the springy bouncy feeling in the right leg. Tuck your tail bone in letting your head float up connecting the right leg to your spine. Open your shoulder blades connecting yours arms to your spine. Pay attention to the muscles, tendons and fascia in the left arm. This connects the centre of the Earth to the base of your left palm.

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