



# Essential Moy Lin-Shin Tai Chi Principles for Beginners



1. **Make your movements slow, even and continuous, maintaining the same speed throughout.**
2. **Move as though there is gentle resistance.**
  - Imagine the air around you is dense and you have to move against the dense air. This will help you cultivate your inner force.
3. **Be aware of your weight transference.**
  - First, center yourself, then control your balance and maintain your body alignments with each movement. When you move backwards, forwards or sideways touch down first then gradually and consciously transfer or "roll" your weight in that direction.
4. **Body Alignments.**
  - Be sure to keep your body in an upright position.
5. **Loosening the Joints.**
  - It is important to do Tai Chi movements in a relaxed manner but relaxation here does not mean that all your muscles go floppy. You should be stretching about 70-80% or what is comfortable for your body—this will loosen your joints. Try Consciously stretching joints from within, almost like an internal expansion of the joints.
6. **Mental Focus.**
  - Be sure to not let your mind distract you from what you are doing and focus on your movements so that your internal and external are well integrated.
  - Beware of "Monkey Mind!" Use breathing as a strategy to bring your mind back when it wanders.
7. **Enjoy the movement!!!**

