

Yang Chen Fu's 10 principles of Tai Ji Quan

- 一 虛靈頂勁
Emptying the thoughts and raising the head as if the crown of the head is pressed up against the heaven
- 二 含胸拔背
Hollowing the chest to raise the back
- 三 鬆腰
Loosening up the waist
- 四 分虛實
Distinguishing between substantial and insubstantial
- 五 沉肩墜肘
Sinking the shoulder and weighting down the elbow
- 六 用意不用力
Using Yi (intention) and not physical strength
- 七 上下相隨
Coordination of both upper and lower body
- 八 內外相合
Internal and external is togetherness
- 九 相連不斷
Continuity without breakage
- 十 動中求靜
Seeking stillness within movement