

TAI-CHI CHUAN • 13 RULES

THERE ARE THIRTEEN IMPORTANT RULES, WHICH SHOULD MERIT YOUR ATTENTION AND BE OBSERVED STRICTLY IN PRACTICING TAI-CHI CHUAN. THEY ARE LISTED AS FOLLOWS.

1. SET THE SHOULDERS AND LOWER THE ELBOWS.
2. HOLLOW THE CHEST AND RAISE THE BACK.
3. KEEP THE ENERGY LEISURELY DOWN TO THE NAVEL PSYCHIC-CENTER (THE CAPACITY 3" BELOW THE NAVEL) BY HOLLOWING THE CHEST AND LOOSENING THE WAIST. THE NAVEL PSYCHIC-CENTER IS THE PLACE WHERE THE ENERGY IS CULTIVATED AND RESERVED. AFTER A LONG TIME OF PRACTICE. THE POTENTIAL ENERGY FORMS A FORCEFUL IMPUTES WHICH, WHEN REQUIRED, CAN BE SENT OUT TO ATTACK AND TO DEFEND.
4. KEEP THE HEAD UPRIGHT AND THE BODY WELL BALANCED.
5. LOOSEN THE WAIST.
6. SHIFT THE CENTER OF GRAVITY AS REQUIRED.
7. EVERY PART OF THE BODY IS WELL COORDINATED.
8. DO NOT EXERT FORCE BUT THE IDEA IS THERE.
9. ACTION AND IDEA SHOULD BE IN HARMONY.
10. THE ENERGY AND IDEA SHOULD BE IN AGREEMENT.
11. ACTION IS INCLUDED IN ACTIVITY.
12. ACTION AND INACTIVITY SHOULD BE WELL COUPLED.
13. ALL MOVEMENTS SHOULD BE PERFORMED IN RHYTHM AND FOLLOW ONE ANOTHER EVENLY WITHOUT ANY JERKY MOTION, AS SILK IS DRAWN FROM A COCOON.