

Principle Co-ordination

Co-ordinate the movements of the upper and lower halves of the body

If the lower half of the body moves this is pushed up through the upper half of the body so the body moves smoothly and effectively as one, so one side strengthens the other, connecting with the energy system. Keeping it moving unimpaired, so nothing is ever still so does not become stagnant. Creating movement where there is stillness and stillness where there is movement creating Yin and Yang in the body.

Dual Monism.

Tai Chi Walking emptying and filling, in coordination using the whole body.

Try this exercise for coordinating the body.

Give yourself a bit of floor space in front and behind you.

Breath IN

Raise one leg and both forearms and hands up so the thigh, forearms and hands are parallel to the ground, toes pulled back, all on the IN breath.

On the change from the in breath relax the toes down and change the hands so the palms face down.

Breath OUT

Lower the leg and both forearms and hands so they all arrive on the ground together with the foot one pace in front of the other foot, leaving enough space for your hips to face forwards, this is all on the OUT breath.

On the change from the out breath raise the toes up and turn the palms to face forwards.

Repeat on the other side and continue with this for approx. 10 IN and OUT breaths then practice placing the foot one pace behind you, so you now walk backwards.

This exercise is recommended to do on a regular basis little and often as it forms one of the golden principles.