

Making a Stance

Practising the Stances

On practicing the stances, it is important to learn to FEEL the move not just look on the outside and think that LOOKS right, we have to feel it is right. We do this by getting to feel our feet touching the ground and feeling where we are in contact with the ground feeling the pressure between the two, then moving further up the body to our ankles are they soft and supple, then the knees and feeling where your knees are, do they feel directly above our feet evenly together then move up to your hips do they feel straight and even above both of the knees, then up to the shoulders do these feel even and square above our hips, then to our head does it feel relaxed and comfortable sat on our shoulders. Only you can feel this.

Take your time as you learn each stance, get to know your body each part one at a time, then connecting each part together feeling it as one. As you transfer your weight from one leg into the opposite leg feel the energy filling and emptying each leg.

There are 13 stances in the Lee Family T'ai Chi open hand form.

10 are done stepping out with either the left or right leg, transferring your weight into the left or right side and four have a central position with the weight evenly on both sides.

On learning the hand form each move will begin in one of these stances then move through others, and end in a stance so the time you take to get to know and feel the individual stances in the body it will be very worthwhile.

We often step into a stance and think it is right but on closer examination it is often not in the stance we thought we have stepped into.

Sometimes in our lives we have to get of the fence and make a stance, who am I and what do I want.