

Angies T'ai Chi Workshops

BEAR STANCE

There is no left or right to bear stance

Transfer your weight into one leg letting the knee slightly bend as it takes the weight of the body, then step directly out to one side so you are stood hip width/ shoulder width apart placing the heel, ball of foot then toes down transferring the body weight evenly on to both feet, toes pointing forwards, ankles loose, knees relaxed and slightly bent, your (Tan'dien) fluid and powerful, back straight but soft, shoulders relaxed not rounding forwards or pulling them backwards, eyes looking forwards into the near distance.

NOTES

Make sure you think of both feet together while feeling the pad of the big toe, the pad of the little toe and the underside edge of the heel which are the key points of the foot.

Bears

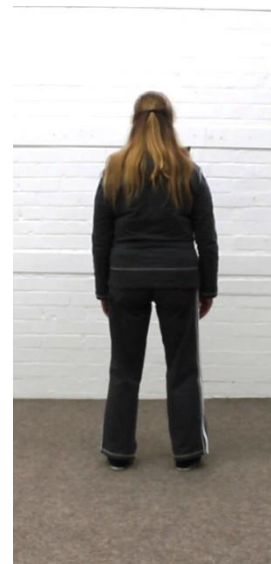
are strong powerful and decisive. The bear is associated with the earth element which stimulates the spleen, pancreas and stomach.



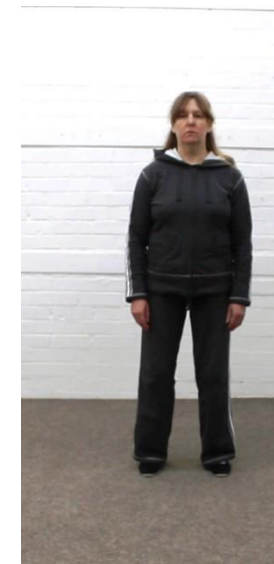
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BACK



FRONT



SIDE