

# 10% Tai Chi Form + 90% Tai Chi Principles = Tai Chi Mastery

1. Elevate the Crown and lift the Spirit – Xu ling Ding Jin  
- 虛靈頂勁

10. Seeking stillness within movement. – Dong Zhong Qiu Jing  
- 動中求靜

9. Continuity without breakage. – Xiang Lian Bu Duan  
- 相連不斷

8. Internal and external coordinate. – Nei Wai Xiang Ge  
- 內外相合

7. Coordinate the upper body with the lower body. – Shang Xia Xiang Sui  
- 上下相隨

2. Contain the chest, expand the back. – Han Xiong Ba Bei  
- 含胸拔背

3. Loosen the waist. – Song Yao  
- 鬆腰

4. Differentiate between xu and shi. – Fen Xu Shi  
- 分虛實

5. Sink the shoulders and weighting down the elbows. – Chen Jian Zhui Zhou  
- 沈肩墜肘

6. Use Yi and not Li. – Yong Yi Bu Yong Li  
- 用意不用力

