

# Tai Chi Principles and Guidelines

Principles	Guidelines	Ben Lo Guidelines
Centering	Mindfulness	Relax
Relaxed Alertness	Postural Alignment	Keep Body Upright
Stillness Within Movement	Breath Awareness	Separate Yin and Yang
Body Mechanics for Standing Movement	Active Relaxation	Move from Your Core
Moving Around Obstacles	Slow Movement	Keep Fair Lady Wrist
Spontaneous Action	Weight Separation	
The Heavy and The Light	Integrated Core Movement	
Flexible and Rooted		
String of Pearls		