

# Thoughts on Tai Chi Movement

**By Ian Deavin**

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The main principle is to relax and move

Qui and Tiantien feeling develop from regular repetitive practice which can be enhanced and adapted to suit your individual intentions/needs e.g. health, gardening, house work, sport performance, martial arts.

Research has shown that most development comes from the physical act of doing the exercises and that this development can be very significantly augmented by thinking about the movement i.e. visualising and feeling.

Other things to consider would be:

Learn to look after yourself

Work within your comfort zone but push the envelope gently

Learn about your own basic anatomy

Learn a bit about mechanics - levers, rotational movement etc.

Learn about how muscles and tendons work

Learn about body fascia

Learn about tensegrity

Learn about yourself as an organism and how you work at all levels

Learn about how your nerves and brain work

Learn about how your emotions work - psychology

Learn the art of observation both of self and others

Make your own choices about how you use your body

Read the experiences of those who went before - by the masters who wrote them down.

Train with a wide range of people and the most capable Tai Chi teachers you can.

Find a regular teacher you like and who has something you would like to have yourself.

Study with someone/a group you like and enjoy being with

Study feelings of movement and relaxation

Consider how forces move through your body – observe the feelings around your centre and its connection to the ends of your limbs.

Consider the meaning of "relax and move" - learn to balance the forces while doing so.

Understand "internal power" and how you can use it.

Ensure that all understanding is emotional/physical as well as intellectual.

Use analogy, metaphor and visualisation from your teacher or from your own background and experience.

Remember that working with the idea of mind, body, spirit puts the body between the mind and spirit - unless you learn to use your body with the other two then you have made no progress at all.

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