

Chi Dynamics

The goal of Tai Chi movement is to generate Chi as you go through the form, ultimately feeling that the Chi moves you, and you feel at one with the movement of the Universe. To do this requires paying close attention to and integrating these fundamental Tai Chi principles:

- Total Body Movement
- Moving from the Center
- Inhaling to gather energy
- Exhaling to express energy
- Concentrating on the transitions, where Yin and Yang energy shifts from one part of the body to another
- Sinking and rising with the movement
- Moving in arcs, circles and spirals
- Being rooted and balanced yet ready to shift quickly to the next move

A beginning Tai Chi student has enough trouble trying to learn where to put their feet and what the sequence of the movement is.

However, once at a more advanced level, one can begin to integrate all the principles mentioned above and generate more Chi. Doing so creates feelings of well-being, relaxation, strength, control, and joy. You might feel as if the air is thicker, like you're moving through water.

In this class, we will try to figure out how to integrate all of the Tai Chi principles so that our movement becomes dynamic, fluid, controlled, and beautiful, so that we're dancing to the rhythm of the Universe.

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