

Preparation For Tai Chi

1. Find a suitable location – flat ground surface. Nice to be in a park under trees but ensure even ground so balance and standing on one leg easier. Quieter if possible.
2. If you're doing seated Tai Chi, use a stable chair with a back but no side arms. A solid stool would be ok but a chair with a back allows you to lean without the risk of falling backwards. While seated, move yourself forward so you are sitting towards the front of the chair, this allows you lean backwards and forwards freely.
3. Breathing – one of the most important aspects of Tai Chi is to be aware and to control your breathing. During each move, try and breath in for half the move and breath out for half the move. This is not always possible with some of the longer moves but always do your best and at least be aware of your breathing. NEVER EVER hold your breath. Correct breathing helps control the speed you perform your routine.
4. Physical limitations – always be aware of your injuries and physical limitations of your joints. Only bend or stretch to your own comfort levels.
5. Mental preparation – Tai Chi is often described as “Active Meditation” so even though you as working physically hard, focus on your routine and beathing only. Block out outside thoughts concentrate on your “dan Tien”. “hear noises but don't listen, see things but don't look”.