



**UPPER OTTAWA VALLEY TAI CHI CLUB**



## Ten Requirements for Yang Style Tai Chi Chuan

The 10 Requirements Are:

1. Emptying the neck and straightening the head;
2. Withdrawing the chest and extending the back;
3. Relaxing the waist and hip joints;
4. Distinguishing between emptiness and solidity;
5. Sinking the shoulders and dropping the elbows;
6. Using the mind instead of force to direct the movements;
7. Coordinating upper body and lower limbs movements;
8. Integrating the external with the internal;
9. Moving continuously;
10. Seeking tranquillity in movement (sinking chi down to the lower abdomen).