



# UPPER OTTAWA VALLEY TAI CHI CLUB



## Things to remember during Practice or Practice Tips:

1. have purpose or intention in your movements.
2. low stances; good root is important-strong legs can make good rooting but achieving good ground connection means rotating the **Tantian** and sinking Qi. The mind must be peaceful and the body relaxed so your Qi will settle down in the tantian.
3. Use a marker step or tea step in transitions during the form to focus your intent and maintain your correct center-line and balance.
4. Do not rush through training, trying to reach the end of a new form as quickly as possible. It may take many months, and years to master. Enjoy the journey and you will feel the benefits almost immediately. A good understanding of the proper form will make progress into higher levels all the more easy.