T’ai Chi: The Grand Ultimate: Lesson 4

**Basic Principles of T’ai Chi**

**From Master Wu Yu-Hsiang: Internal power should be likened to the spinning of a wheel. The waist turns like the axle of the wheel in motion. (T’ai Chi Classics)**

Single Whip is a signature movement of t’ai chi, and has many applications. The most important of these lessons is the impact of the hip/waist movement. Like a lever depends upon the fulcrum, all t’ai chi movements depend upon the waist. Staying single weighted and aware of where the weight is, allows the maximum amount of movement from the hips, and therefore the maximum effectiveness of all t’ai chi movements.

Practicing Single Whip is one way to achieve awareness and balance. Don’t forget—when moving the feet, it’s important to use the entire body. 

Single Whip

From Push

* + Withdraw, shifting the weight to the back foot, and extending the arms, and turning the hips and front (Right) foot to the left.
  + Shift the weight to the right foot, making a beak with the right hand, and cupping the left hand in front of the right hand.
  + Unwind the hip while extending the right hand, maintaining the beak.
  + Step left.
  + Shift the weight, raising the left palm as though reading a book.
  + Square the hips to finish the posture.