T’ai Chi: The Grand Ultimate: Lesson 5

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**Basic Principles of T’ai Chi: The Center is at the Heart of our Movement**

**These movements teach us about maintaining our root, and a quiet lower body, while engaging in large movements.**

**The three nails of the foot are important in establishing a strong root and correct alignment, while simultaneously allowing us to be completely flexible in our movement.**

**The illustration shows the three nails’ positions: pad of the big toe, ball of the foot, and inside part of the heel.**

Stork Spreads His Wings

From Shoulder Stike

* Sink into right foot and allow the left heel to turn until the foot is lined up with the center of the body.
* The hip starts the movement, sweeping the left foot to the front of the body, while the right hand rises to block the forehead (the back of the right hand is directly in front of the forehead). The left hand falls to the side of the body.

Wave hands through clouds to Twist Step, Brush Knee #1

* The feet stay still.
* The right had falls and the left rises, until the fingers all point to the front.
* The hips turn a little more, and the left hand rotates toward the chest until the energy ball is held in front of the body (left hand on top).
* The ball is release as the right hand sweeps toward the back.
* As the body turns again toward the front, the right hand comes to a position by the temple, as the left arm is across the trunk (as if you were trying to get something from a right-side pocket.
* Finally, the left foot steps, the weight shifts and the right hand pushes to the front.
* At the very end, an adjustment step is made to bring us back to a t’ai chi stance.

