


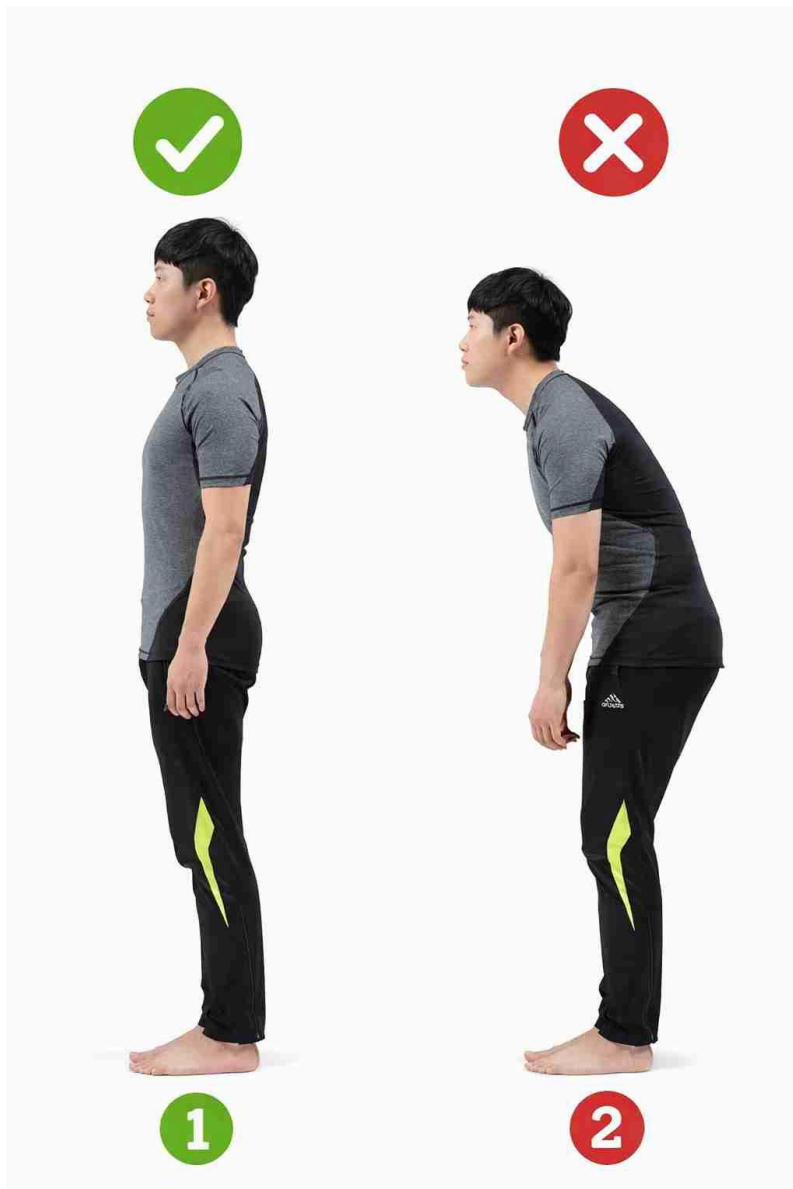
Tai Chi walking

Simple, beginner-friendly step-by-step guide

1. Starting Position (Get Ready)

- Stand straight with feet **shoulder-width apart**
- Keep your **knees slightly bent** (not stiff)
- Relax your shoulders and arms
- Look forward and stay calm

 Think: *"I am relaxed and balanced."*



2. Shift Your Weight

- Slowly move your body weight onto **one leg (e.g., right leg)**
- The other leg becomes light and relaxed

👉 Important:

- Don't lean your upper body
- Keep your spine straight

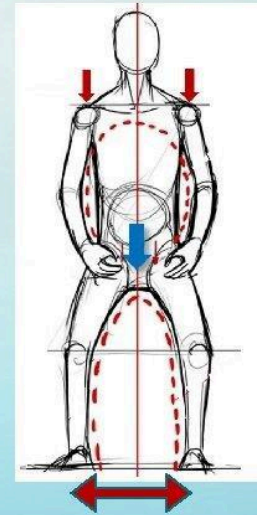
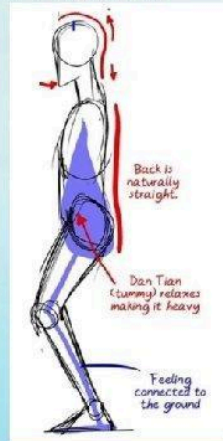


👉 3. Lift the Heel (Preparation)

- Gently lift the **heel of the opposite foot (left foot)**
- Toes stay on the ground at first


Components of Tai Chi Posture

- **Basic Stance**
 - Feet shoulder/hip width apart.
 - Soft joints
 - Lower or sink center of mass
 - Alignment
- **Weight shifting**
 - Slowly "pour" weight
 - Typically move 70% of weight



4. Step Forward (Heel First)


- Move your left foot forward slowly
- Place your **heel down first**, then the full foot

 This improves balance and control



5. Shift & Balance

- Gradually shift your weight onto the front (left) leg
- Keep your body upright and stable

 Feel the transfer of weight smoothly

6. Bring the Back Foot Forward

- Slowly bring your right foot forward

- Place it next to or slightly behind the left foot

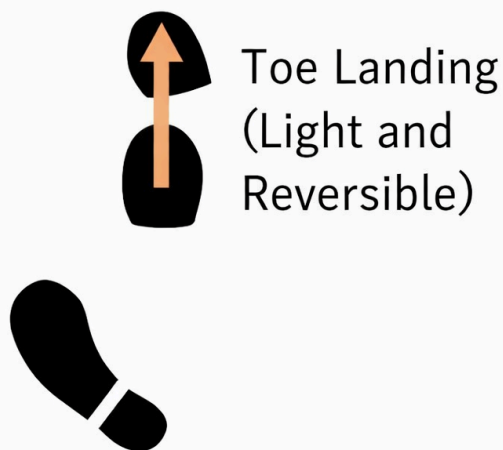
👉 Now repeat the same steps with the other leg

🌿 Easy Tips for Beginners

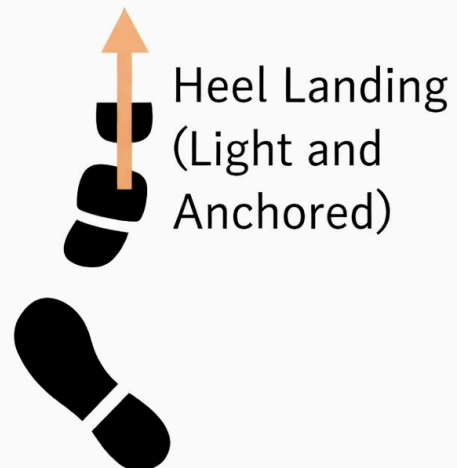
- Move **very slowly** (this is key in Tai Chi)
- Breathe naturally (don't hold your breath)
- Keep your body **relaxed, not stiff**
- Practice for **5–10 minutes daily**

Foot Movement (Short Stride)

Traditional Tai Chi



Modern Tai Chi



🏠 Simple Home Practice Routine

- Start with **5 steps forward**
- Then pause, relax, and repeat
- Do 2–3 rounds daily

⚠️ Common Mistakes to Avoid

- ~~X~~ Walking too fast
- ~~X~~ Locking your knees
- ~~X~~ Leaning forward
- ~~X~~ Forgetting to breathe