

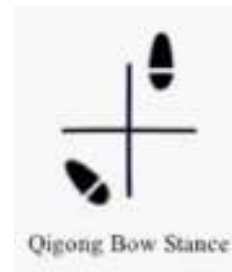


# Tai Chi Walking

Learning the Tai Chi Walk is fundamental to learning the footwork in the Tai Chi Form. While walking you should feel the difference between solid and empty. Shoulders should not bounce. Tai Chi Walking is meditation in motion. Be mindful, be present in the now.

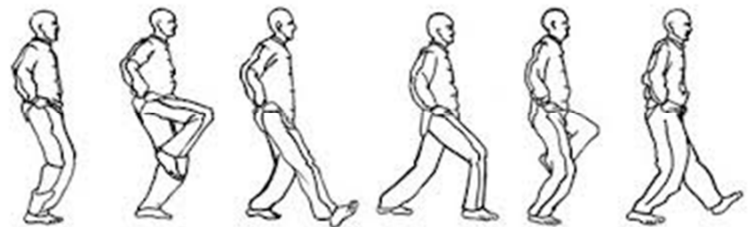
## Tai Chi Bow Stance

- Feet shoulder width apart
- Knees slightly bent
- Should be able to look down and see your toes.
- Head up like a string is pulling on the top.
- Weight is distributed 50-50.
- Feet should be straight on the outside edges.
- Coccyx/sacrum area is tucked in
- Hips and Shoulders down.



## Tai Chi Walking

1. Start in tai chi bow stance
2. Shift weight to back leg (70% of weight)
3. Lift front toe, then turn toe and body towards the outside at a 45 % angle (has 30% of weight).
4. Put toe down.
5. Shift weight to front leg
6. Lift heel of back foot
7. Move back foot forward placing heel down.
8. Put toe down.
9. Shift weight to front leg
10. Move shoulders to align with front foot (weight is 50 -50)
11. Sink your qi
12. Go to step 2 and repeat.



Remember, each motion to completion.