



## Tips for Teachers

Teachers are asked to emphasize the importance of softness and flowing motion to beginning students and continue to point out the importance of such instruction so they will move in a soft, flowing manner whenever doing the movements of T'ai Chi Chih. While it might seem to a beginner that too much is made of how to move, such is not the case. I consider it the single most important subject being taught. If you want to experience the benefits of this form, it is necessary that the beginning student move in a soft, flowing manner. Any tension or tightness will cause the meridian channels to close and the Chi will not be able to move in a beneficial manner.

Several other points must be emphasized. For instance, in teaching the four *Pulling Taffies*, it must be pointed out that, as the hands cross, there must be a slight tension so the hands feel as though they are actually pulling the sticky stuff.

In *Carry the Ball to the Side*, it must be remembered that a ball is round, so the fingers must be slightly cupped and the wrists, not the arms, be important for the circular motions.

Lastly, when doing *Pulling in the Energy*, there must be the visualization of the energy from the distant star coming in through the finger tips, not the fingers themselves. This visualization will make the movement much stronger.

Such points as I have pointed out are very important to the success of T'ai Chi Chih and will bring the benefits of practice to the sincerely motivated student. A good teacher can easily get across the points mentioned in this paper. Above all, flow softly.

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