



*Berkshire  
Tai Chi*



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## *Master Yang's 10 Important Points for Tai Chi Chuan*

1. The Energy at the Top of the Head Should Be Light and Sensitive.
2. Sink the Chest and Raise the Back.
3. Relax the Waist.
4. Distinguish between Full and Empty.
5. Sink the Shoulders and Drop the Elbows.
6. Use the Mind and Not Strength.
7. Unity of the Upper and Lower Body.
8. The Unity of Internal and External.
9. Continuity without Interruption.
10. Seek Stillness in Movement