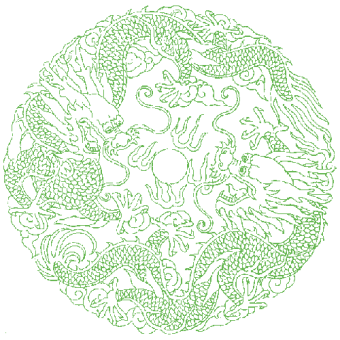
Yang Chen Fu's Ten Principles of Tai Chi Chuan

1. **Raise the Spirit (crown of the head)**
   Improves Qi circulation in spine and raising of Yang energy.
   Lifts the Spirit - counteracts depression, tiredness, lethargy, prolapses.
   Generates warming, active energy (Yang) in body (via Gate of Vitality).
   Improves mental capacities, brightens the eyes.

2. **Hollow the chest to raise the back**
   Roots emotional energy in Tan Tien, giving confidence, certainty, sense of strength and power combined with stillness.
   Opens the Lungs at the back.
   Helps to project Qi from the spine.

3. **Loosen the waist**
   Reduces physical and psychological holding in the abdominal area.
   Improves urinary, reproductive and intestinal functioning.
   Improves Blood and Qi flow into lower limbs for firm rooting.



4. **Distinguish between substantial and insubstantial**
   Harmonises/clarifies Yin/Yang.
   Improves Qi flow and balance.
   Gives clarity and stability.

5. **Sink the shoulder and weight the elbow**
   Makes connection to Tan Tien, grounding emotional/intellectual energy.
   Reduces tension in neck and shoulder girdle.

6. **Use Yi (intention), not physical strength**
   Strengthens focus and releases physical tension.
   Expands the Qi. "Qi goes where the mind goes."

7. **Co-ordinate upper and lower**
   Opens energetic communication between upper and lower.
   Brings Yin/Yang balance: emotional/spiritual with the physical, mind with body, roots emotions.

8. **Internal and external in togetherness**
   Integrates Yin (internal) with Yang (external). See other references.

9. **Continuity without breakage**
   Improves smooth flow of Qi.
   The movement from intention becomes "like a roaring river without ceasing".

10. **Seek stillness in movement**
    Gives quality of Yin within Yang.
    Tonifies the Yin, improving symptoms of restlessness, insomnia, heat and dryness.
    Gives feeling of inner peace.