

# Master Yang Cheng Fu's Ten Principles

(Master Yang Cheng Fu is the one who simplified and made the Yang Tai Chi Chuan accessible for all to study and easy to learn. *easy is a relative term*) Due to his travels he most likely taught more students than anyone else. What is called 'Traditional Yang Tai Chi' is the form and stylization of Master Yang Cheng Fu.

1. Suspend the Head top in order for the spirit to travel up the spine - this doesn't mean to stiffen the neck, the neck should be loose and relaxed but the head should not lean in any direction. (If you look forward level your head will be in the correct position. In addition to this there should be some intent on the top of the head as if suspended by a string from above.
2. Empty the chest, round the back - don't collapse the chest but keep it relaxed and soft. By no means should you arch or expand your chest. Rounding the back happens naturally if you don't arch your chest. By relaxing and standing naturally this will automatically happen.
3. Relax and sink the waist - keep the waist loose and don't arch the lower back. When this is done correctly the thighs will get all the work to support the upper body.
4. Differentiate yin and yang - never just stop, simply the weight is in constant shifting forward and back, side to side. Once we begin our forms we are in constant transition from one move to another. Study the full and emptiness of the legs, the solid and softness of the power from the legs.
5. Sink the shoulders, drop the elbows - the elbows should hang and the shoulders be loose and soft. If you avoid reaching and using strength the shoulders and elbows will be down naturally.
6. Use intent not force - don't use strength (even fa-jin) let the mind 'feel', 'study', and direct all movements the body makes. Do not just do a movement out of habit.
7. The upper and lowers coordinate - this comes from the classics of expressing the ripple of movement and power begin in the legs and manifest in the hands. If even your little finger moves the entire body should be in motion, everything in complete coordination.
8. Coordination of internal and external - intent leads movement.
9. The energy and movements is joined and unbroken - even if there is an apparent stop (we never really stop) you should have a sense and feeling that the energy is still in motion.
10. Seek stillness in movements - keep the mind on the tan t'ien, remain calm and relaxed regardless of movements regardless of speed. (Remember this when you kick!).