

Five-Section Taijiquan

The Five Helpful Points and the Five Avoidances



The Five Helpful Points

1. Sink into the stance while suspending from head-top
2. Be mindful of the hip track
3. Distinguish *yin* and *yang* in the stance
4. Coordinate the hip-track and waist movement
5. Generate movement through relaxation

The Five Avoidances

1. Do not twist the ankles
2. Do not fall into the step
3. Do not reach (do “extend”)
4. Do not collapse (do maintain some structural framework)
5. Do not force movement

