

# Practice Tips

How do I practice?

That's a big question. One of the true wonders of Tai' Chi Ch'uan is that it is accumulative. Unlike western exercise programs in which you work out 2 or 3 times a week, to see the true benefits of Tai' Chi Ch'uan you should do a little every day. Even if you only have ten minutes a day, do a little Tai' Chi. And remember, if you do it wrong the world will continue to revolve and the universe will continue to expand. Don't beat yourself up if you make a mistake. Always remember to BREATHE and RELAX. These two things are of paramount importance!!!!

And remember Chi Kung!!! Always practice Chi Kung before you work on form. Chi Kung is the Chi absorber, the listening part of practice. A few minutes of Chi Kung every day will make a world of difference not only in your Tai' Chi form, but in your life.

And last, but not least, is drumming. ALWAYS do a little drumming after you finish practice. Drumming not only separates and works the waist and the hips; it also brings the chi back into balance and vibrates it into the bones for later use. If you don't do drumming, you may feel wired or disjointed after practice.

The most important thing to remember is to have patience and perseverance. Tai' Chi Ch'uan is a life long practice. It is not the magic pill. When you feel like NOT doing Tai' Chi is precisely the time you SHOULD practice.

In Peace,

*Michael*