

These are basic ideas to keep in mind while practicing Tai' Chi Ch'uan

Relax, relax, and relax some more

Elbows always down as if weighted

Keep shoulders down

Crown of the head is always thrust  
away from the spine

Tailbone is always tucked under

Remember to breathe

Even weight on the entire foot

Knees are soft

After you feel comfortable and aware of the basic ideas here are some more  
things to think about.

Remember to breathe from the lower belly

Don't cross your center line

Everything comes from the Lower Dan Tian

Everything comes from the ground, is directed by  
the waist, and expressed by the hands

Be rooted

Fluidity

Be aware of what is Yin and what is Yang  
(substantial and insubstantial)

Be aware of your intent of movement  
(mind leads the body and Qi)