



Tai Chi Salute

(Heels together, feet out at ~ 30 degrees)

a) Circle hands up from sides to center, joining at solar-plexus height, left hand open, right hand forming a fist. Be rooted, sinking, with relaxed structure in the arms. This represents the coming together of yin and yang, soft and hard, empty and full: steel wrapped in cotton. Taking this posture represents our discovery and commitment to the principles of Tai Chi. In this posture we are the living pillar of Tai Chi Chuan.

b) Scoop the right hand under the left, opening the fist, and extend forward from the shoulders through the fingers, energetically supporting the right hand with the left fingers. Then scoop the left hand under the right, and extend forward from the shoulders through the fingers, energetically supporting the left hand with the right fingers. This represents yin supporting yang and yang supporting yin. Taking this posture represents our manifesting our practice into the world, regardless of our level of attainment.

c) Drop the hands to the thighs and bow, slightly dropping the head and breaking at the hips, but not losing Tai Chi posture! This represents a return to Wu Chi. Taking this posture represents our humility and gratitude toward the founders of Tai Chi Chuan, as well as our teachers and our own efforts.