



# Institut QiShen Institute

## Tai Chi & Qigong

### PHYSICAL REQUIREMENTS FOR TAIJIQUAN

Stance is as wide as the shoulders.

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Knees aligned with the toes  
(never over-extended beyond the toes).

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Elbows never extend beyond the knees.

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Back is kept straight.

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Movement starts in the feet, is directed by the waist,  
and expressed by the hands.

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Entire body moves as a coordinated unit (in harmony).

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Head is held as if suspended from above  
(at the Bai Hui acupuncture point).

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All joints are “open” and rounded  
so as to not restrict the flow of Qi.

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