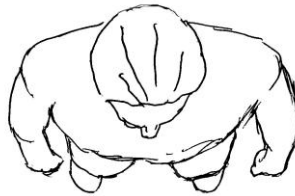


Jadestone Tai Chi Chuan

First Standing Posture

Water

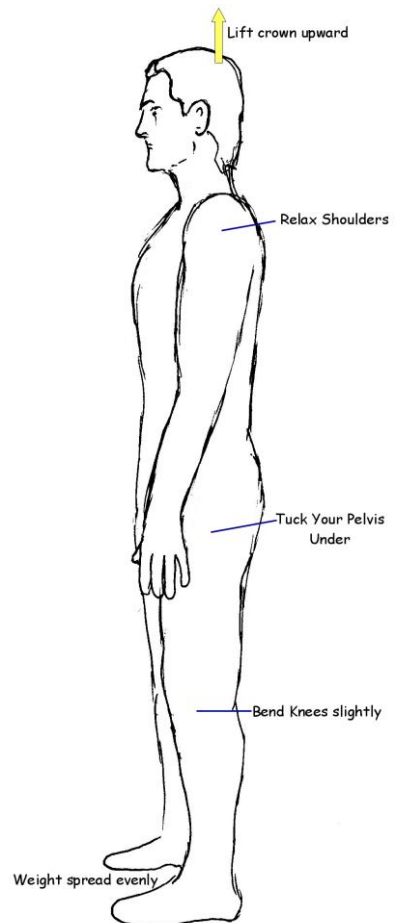
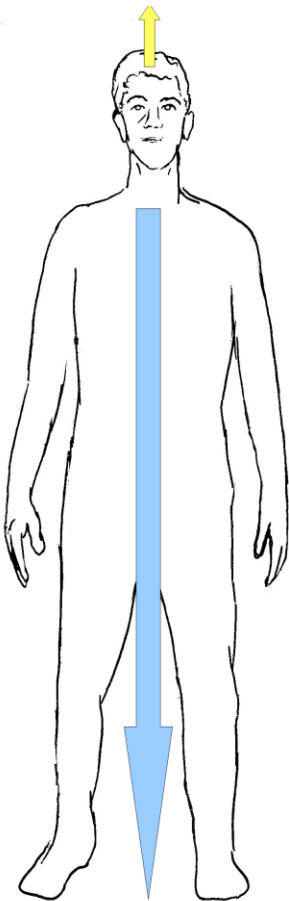


The first of the five standing postures is *water*.

Stand with your knees slightly bent and your shoulders relaxed and your arms by your sides.

Tuck your pelvis under so that the small of your back straightens.

Let your weight be evenly distributed under your feet.



Imagine that you are standing under a waterfall.



The fast moving water pounds down upon your head and shoulders.

Point the crown of your head upwards against the down-coming stream.

Let the weight of the water pull down on your shoulders. Let your slightly bent knees absorb the pressure.

Imagine the water swirling around your feet and streaming away.

The flow of energy in this posture is from up to down.

