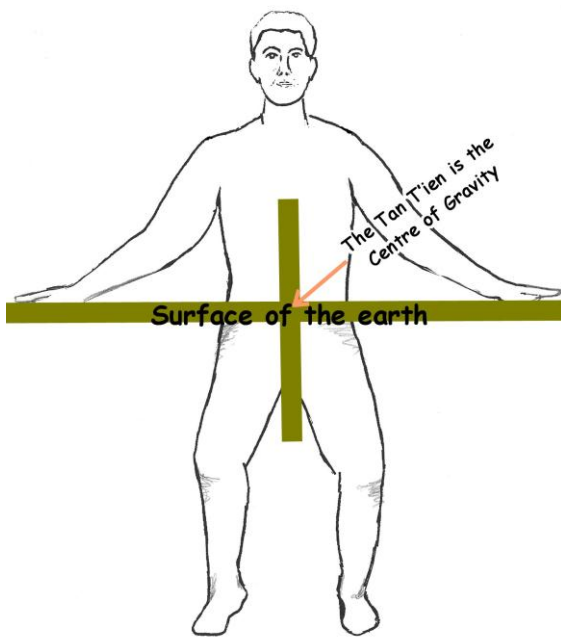
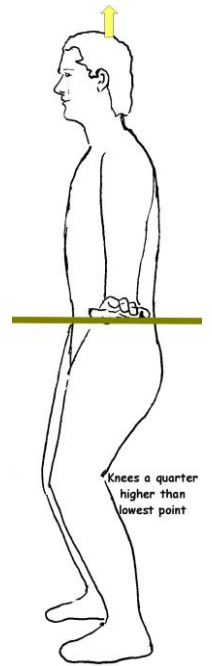


Jadestone Tai Chi Chuan

Fourth Standing Posture



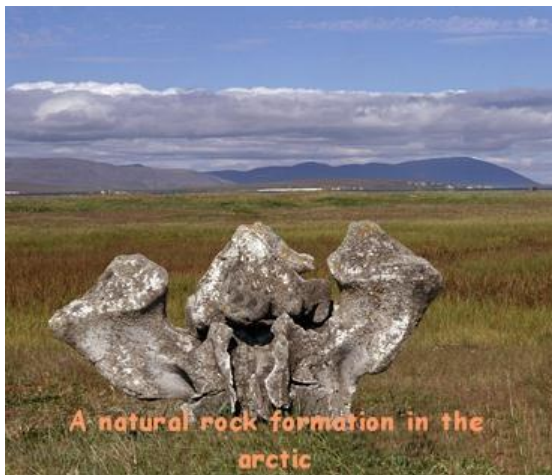
Earth



The fourth of the five standing postures is *Earth*. Lower your arms until they stretch out sideways beside your Tan T'ien. This is your centre of gravity and it is located a couple of centimetres below your navel.

As you lower your arms, straighten your knees a quarter of the way.

Imagine that you are buried up to your Tan T'ien in the ground. Above is the light and the air, below is the darkness of the earth. Imagine your hands resting on the soft grass growing on the surface of the earth.



A natural rock formation in the arctic



In this posture, your energy remains centred.