



Rowing Principles, Hwa-Yu Therapeutic Tai Chi

A Quiet Mind Opens the Pathway to Harmony Within and Without

Mental harmony and heightened body awareness can be felt quickly through our daily routine practice of rowing / rooting exercise. Harmony, while in movement and when not in movement, begins with calm, clear, concentrated awareness of your breathing. Your rowing movement patterns should be practiced in exacting, oval, elliptical, slow, relaxed, smooth advancing and retreating cycles, reaching the forward foot weighting of 60% and to the rear foot weighting of 40%. The inhalation becomes insubstantial and the exhalation becomes substantial as "hard" becomes "soft." With daily practice you will soon understand how the inside ENERGY or atmosphere of your body naturally makes the whole body alert and lively.

Your breathing is synchronized in unison with the elliptical oval movement of your forward and backward rowing motion. Inhale and exhale naturally. **Never force your breathing!** Inhale on the upward, forward rise of your oval movement cycle. Exhale on your backward, downward movement cycle. Both legs are interchangeable.

Our Center of Gravity and Breathing Should Be Balanced as Follows:

1. Raise up the crown point of the head, lower the chin, tongue lies against the hard palate.
2. Relax the neck, lower the shoulders and elbows. Withdraw the chest as you tuck the pelvis.
3. Hold and stretch the arms to the level of the solar-plex, maintain roundness in the arms as if you were holding a large beach ball.
4. Lightly stretch arms and fingers, maintaining roundness, shoulders and elbows low.
5. The sacrum is pulled upward and forward to level of the pelvis. Lower the weight to the abdomen, meditate on breathing, being naturally in unison with the body's movements.
6. The breathing is relaxed, naturally through the nose, using the diaphragm; chest is relaxed. All movement proceeds from the waist (sacrum circles inward and upward).
7. Stand firmly, legs bowed slightly, outside sole-edge, ball, heel and toes grip the floor.
8. Though relaxed, the whole body is like a coiled spring requiring minimum effort to move.

Harmonies of the Five Hearts of Movement Awareness

The five hearts are the centers of the two feet (the center point of the arch), the center of the two palms and the center of the top of the head. You must have the feeling of these five points working in unison with the body and nine major joints. Then you will feel strong, balanced and confident in your new movement vocabulary. When you have the benefits of awareness of these five harmonies, then you will have a heightened ability of understanding the **Six Combinations Eight Methods** principles. You won't need to focus on technique or anything else, because your Hwa Yu Tai Chi movement principles have become naturalized. The real meaning of technique is to move without thinking.