

## ACHIEVING OPTIMAL BALANCE THROUGH HWA YU TAI CHI ROOTING PRINCIPLES

Rooting starts at the feet. The entire surface area of the soles must be solidly connected to the ground or floor. Bowing the legs very slightly outward enables the Hwa Yu Tai Chi student to form this connection by aligning their ankles, knees, and hips vertically so that the force is transmitted straight downward from the hips through the knees and into the feet. When this is achieved an optimal balance point has been realized. If either one of the knees is moved into a position where it is no longer in line with the feet and ankles, the alignment and one's rooting is considered broken and optimum balance is lost. For instance, if you straighten your rear leg when you are moving your weight onto the forward leg, this will bring your rear knee forward, ahead and inside of your rear foot. When your rear knee is inside the base of support the force immediately becomes external with the rear leg functioning like a brace to maintain support and balance. This taxes the large muscles in the leg and puts a lot of stress on the rear ankle and the lower back as well. It is not natural. Also, when your rear leg is straight or almost straight you cannot tuck your sacrum/tailbone under correctly. This means your lower spine will be hyper-extended or curved inwardly too much; and you will be unable to make your spine plumb, which creates weakness in the lumbar area causing chronic lower back pain.

The rounding of the arms is correct when there is no distinguishable crease in either of the elbows or wrists. The entire arm should resemble one continuous and smooth curve. The arms position shaped oval or ovate rather than like a pure circle. This curved positioning aligns the bones so that your cellular system is naturally maximumly oxygenated and activated to receive heightened regeneration.

For cellular system is naturally maximize oxygenation of the whole body one must keep their shoulders relaxed and natural and their elbows low. *Most of the time the elbows should be lower than the shoulders.*

Like the arms, the back is also curved and the chest must be concave. In order to get the chest and back aligned properly it is important to put the emphasis on rounding out your upper back as if you are hugging someone. If you push your chest inward too much, it squeezes the lungs unnaturally. (Note: hunching your shoulders forward also squeezes the lungs). Your chest is relaxed so that the lungs can work unobstructed. Each vertebrae will naturally come into position correctly so that the spine forms a single continuous smooth curve. This is achieved by relaxing and hollowing the chest and by tucking the sacrum/buttocks and tail bone under and slightly upward.

## **Naturally Controlling Your Reachable Space**

The space created within your arms when they are rounded correctly is very important for maintaining your reachable and not over extending you reach. In order for this space to be functional you must maintain a correct curvedness in the arms and back at all times. This space works as a buffer-zone between you and other individuals. It is your space. It is your choice when you let your others into your reachable space. If you maintain your reachable space, it works like the airbag in a car in keeping you protected.

A connection between the legs and torso is formed when the spine is slightly curved and the hips are tucked properly. This connection is known as whole body linking or unity of movement. And as previously stated, this whole body connection links all the major joints of the body together in harmony and is far more effective for improving cellular health than if these tasks were done in a disjointed manner. Tucking the buttocks/sacrum and tail bone also engages the hip flexors and core stability muscles making the movement more enjoyable, natural and esthetic. Remember, the shoulders must stay relaxed and natural; they should not be pulled unnaturally forward nor should they be forcibly pulled back or up.

## **Unique Features of Hwa Yu Tai-Chi**

- ◆ **Hwa Yu Tai Chi moves in four directions simultaneously: up, down, backward and forward.**
- ◆ **Hwa Yu Tai Chi hand movements work closely together adhering to the bodies mid or centerline**
- ◆ **Hwa Yu stances maintain a 60/40 relationship through most of the movements**  
**The body posture should appear rounded at all times with; arms rounded or oval, back curved or rounded, chest hollowed, and legs slightly bowed outward.**
- ◆ **Health benefits are heightened when you practice Hwa Yu Tai Chi movement at slow, smooth confrontable speeds with a calm concentration of the mind.**
- ◆ **Hwa Yu Tai Chi is comprehensive, all-inclusive progressive healthcare science.**  
**Joint alignment is critical, starting with the soles of the feet and moving upward through the legs, knees, hips, torso, neck, head and arms. Keeping**  
**The buttocks tucked and the tail bone pulled in creates a pelvic bowl and flatten out the lumbar spine.**
- ◆ **When one body part goes into motion, the whole body moves in unison.**

In Christ's Redemptive Love and Grace, (Mr. Bob) Xavier