

Taiji Balance Training

Whether you are a Taiji beginner, and advanced student or just someone looking for a way to improve his or her balance, leg strength and mindbody connection, Taiji balance training has something useful for you.

Taiji is famous for its effects on improving balance. If you want to improve your balance, leg strength, sense of center and mental focus, here's how. Depending on how strong your sense of balance is now, you may want to start your balance training with Wuji posture. In Wuji the feet are evenly spaced about hip-width apart, the weight evenly distributed on both feet. Knees are slightly bent; the buttocks are tucked slightly under. The body is held erect, but not stiff. The head is gently lifted as though suspended from a string attached to your bai hui point at the top of your head. From the waist down, you should feel the weight sinking into your root through the bottoms of your feet. Relax the whole body with no muscles working that don't have to be working. If you feel well balanced in this stance with your eyes open, try your sense of balance with eyes closed.



Wuji Stance

The next step in training balance is the stance called, Embrace the Moon on the Chest. Here you stand in what is called "empty stance." One foot is placed in front of the other with the heels close together, but not overlapping. The front foot is pointed straight ahead while the rear foot is at a 45 degree angle to the front foot. All the weight is on the rear leg while the ball of the front foot is lightly touching down. The arms are held with the hands at mid chest level as though holding a large ball. Hold this stance for an equal amount of time on each leg and build up to 15 minutes per leg or longer. If you can hold this stance stably with eyes open, then close the eyes. If you can hold the stance stably with eyes closed, try lifting the empty foot off the floor and holding it lifted for longer and longer periods. You can stand near a wall or other firm support if you fear losing your balance with the foot lifted.



Embrace the Moon

When you are able to lift the foot easily in Embrace the Moon, try the one-legged stance, Golden Rooster Stands on One Leg. Remember that the foundation foot is at a 45 degree angle. Start by holding the position for a few seconds on each leg and build up to at least three minutes. When you can stand stably for three minutes, try closing your eyes. If you feel yourself losing balance in this stance, place your mind under your foundation foot.



Golden Rooster