

The Seven Corrections

ROTATE – Move from the waist. Think big circular motions, not just waving hands around.

CONCENTRATE – Eyes follow the main flow of hands. Sprit is expressed from eyes.

SOLID – Touch the ground in a solid way. Power arises from legs and core.

FLEXIBLE – Strive for curves. Soft, gentle movements, not rigid.

COORDINATED – Everything is connected. Move arms and legs in synch.

NO EXCESS, NO DEFICIENCY – Not too much, not too little. Not too lax, not too stiff.

INTENTION – Gather, tone, energize. Prepare to move. Let it flow. Touch the power point, the furthest extent of a stretch or movement, then recover back to the starting point.