

# T'ai Chi Walking 1 (Sorry, no photos of this)

1. Starting in the "Hold the Ball" foot position (with the right foot flat on the ground and the ball of the left foot resting on the ground), make the right foot as heavy and rooted into the ground as you can. At the same time imagine the left leg getting lighter and lighter as if it is about to float away.
2. With your body centered over the right foot, let the left foot float up (you can imagine your left knee is being lifted) and step forward without shifting your weight.
3. Let the left foot hover just above the floor for a moment then let it rest on the floor without shifting any of your weight onto it.
4. Once you have connected your left foot with the ground, shift your weight onto the left foot, keeping the right foot on the ground.
5. Center your body onto the left foot, making the left foot heavy and the right foot very light. Now let your right foot float forward into the hold the ball position (or into the next step).

A couple pointers:

- Centering the body over a foot means that the center line from the crown of the head down is directly over the foot.
- Avoid looking down at your feet as this will disrupt the center line.
- Extend your mind out beyond your foot to anticipate the contact with the floor.
- As you get more comfortable with the movement you can change speeds and move faster or more slowly.
- Try moving in different directions or turning as you take your steps.
- You can also form the ball and roll the ball from one side to the other with each step.