

# Wu Chi position

This is the basic standing neutral position before we start moving. The main elements of the Wu Chi position are:

- Feet about shoulder width apart, pointing straight forward.
- Breath from the stomach.
- Keep the knees slightly bent.
- Head feels as if suspended from above by a thread.
- Tailbone is dropped towards the ground with the lower back relaxed.
- Everything is balanced above everything below it:
  - Head balanced above neck
  - Shoulders balanced above torso
  - Torso balanced above hips
  - Entire body balanced over the feet
- Arms are relaxed, but not limp - expanded out just a bit.
- The tip of the tongue is resting lightly on the upper palate of the mouth.

