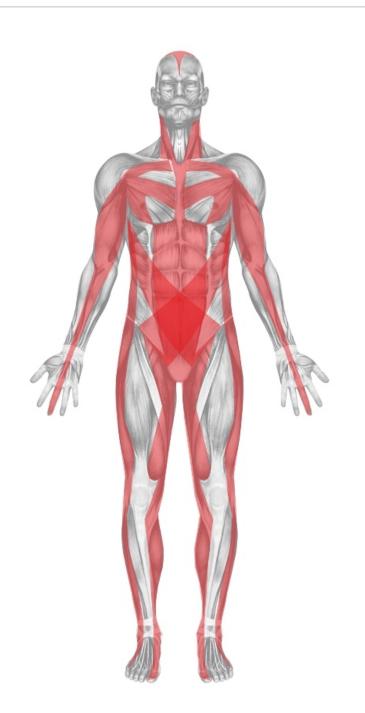
The connected body



Although these lines are used to control specific direction and actions, they are never isolated in their use or action. Indeed they are always used and working in an interdependent and relational way.

Understanding these lines can add depth the practice of Tai Chi And QiGong. You can begin to feel the stretching and connection of the lines as you practice and perceive their involvement in the actions you undertake as you begin to move your body in Tai Chi.

When you come to work with a partner you can actually exploit these lines, making the partner load of slacken certain areas of the body, and then take advantage of those gaps.

The lines of the body are a model for movement and position, and we should be clear that their use and development is the result of good training, over a long period of time.

