



The Right Attitude

*The Teacher takes us to the Gate
But we must walk through it ourselves*

Traditional Tai Chi saying

by Chen Ziqiang

1. Respect your teacher.
2. Do not be arrogant and egotistical.
3. Do not be smug and self-satisfied when learning Taijiquan, as "an army puffed up with pride is bound to lose".
4. When you learn Taijiquan you should learn with concentrated attention.
5. You must understand the way and principle of Taijiquan.
6. You must be conscientious during practice.
7. During practice pay attention to the functions of the movements.
8. There must be intent during practice.
9. Fear neither hardship nor fatigue; make unremitting efforts in order to reach your full potential.



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