

TAI CHI CHUAN CLASSIC

by Wang Dsung-Yueh

What is Tai Chi? I is generated from Wu Chi. It is the mother of Yin and Yang. When it moves, it divides. At rest it reunites.

No excess, no deficiency.

Following the opponent, bend, then extend.

When the opponent is hard, I am soft; this is called yielding. When I follow the opponent, this is called sticking.

When the opponent moves fast, I move fast; when the opponent moves slowly, then I follow slowly. Although the variations are infinite, the principle remains the same.

After you have mastered techniques, then you can gradually grasp what "Understanding Jing (Dong Jing)" means. From "Understanding Jing" you gradually approach enlightenment (intuitive understanding) of your opponent's intention. However, without a great deal of study over a long time, you cannot suddenly grasp this intuitive understanding of your opponent.

An insubstantial energy leads the head upward. The Chi is sunk to the Dan Tien.

No tilting, no leaning, Suddenly disappear, suddenly appear.

When there is pressure on the left, the left becomes insubstantial; when there is pressure on the right, the right becomes insubstantial. Looking upward it seems to get higher and higher; looking downward it seems to get deeper and deeper. When (the opponent) advances, it seems longer and longer; when (the opponent) retreats, it becomes more and more urgent. A feather cannot be added and a fly cannot land. The opponent does not know me, but I know the opponent. A hero has no equal because of all of this.

There are many martial art styles. Although the postures are distinguishable from one another, after all, it is nothing more than the strong beating the weak, the slow yielding to the fast. The one with power beats the one without power, the slow hands yield to the fast hands. All this is natural born ability. It is not related to the power that has to be learned.

Consider the saying: "four ounces repel on thousand pounds". It is apparent that this cannot be accomplished by strength. Look, if an eighty or ninety year old man can still defend himself against multiple opponents, it cannot be a matter of speed.

Stand like a balanced scale, (move) lively like a cartwheel.

(When the opponent presses) sideward (or) downward, then follow. (When there is) double heaviness (mutual resistance), then (there is) stagnation. Often after several years of dedicated training, one still cannot apply this neutralization and is controlled by the opponent. (The reason for this is that the) fault of double heaviness is not understood.

To avoid this fault you must know Yin and Yang. To adhere means to yield. To yield means to adhere. Yin not separate from Yang. Yang not separate from Yin. Yin and Yang mutually cooperate, (understanding this) is "Understanding Jing (Dong Jing)".

After Understanding Jing, the more practices, the more refinement. Silently learn, the ponder; gradually you will approach your heart's desire.