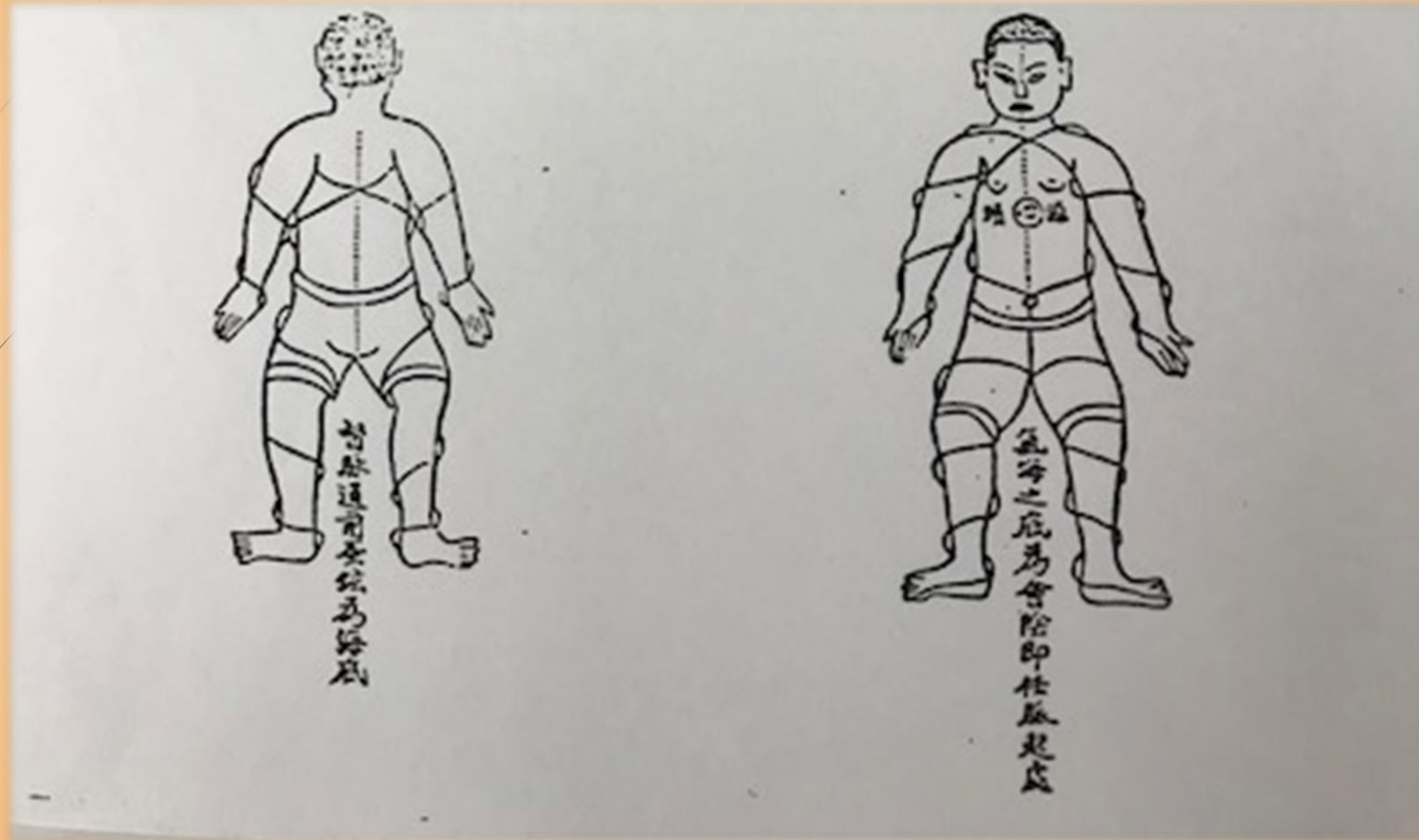


Silk Reeling



What is Silk Reeling in Taiji Quan

➤ **Taiji Quan is the art of Silk Reeling – Chen family Grandmaster Feng Zhiqiangs**

➤ **Wikipedia**

- The name derives from the twisting and spiralling movements of the silkworm larva as it wraps itself in its cocoon, and to the metaphorical principle of "reeling the silk from a silk worm's cocoon". In order to draw out the silk successfully the action must be smooth and consistent without jerking or changing direction sharply. Too fast, the silk breaks, too slow, it sticks to itself and becomes tangled. Thus silk reeling movements are continuous, cyclic, spiralling patterns performed at constant speed with the "light touch" of drawing silk. Silk reeling is trained in solo forms and stances as well as in pushing hands with a partner.



Function of Silk Reeling

- ▶ In Tai Chi one must integrate the body to develop power in movement
 - ▶ The weakness of water (as drops) and the power of water (as a wave)
 - ▶ Tao #78 – Nothing in the world is as soft as water. Yet for dissolving the hard and inflexible nothing can surpass it.
 - ▶ Inside the body spirals like a giant screw
 - ▶ Professor Cheng – if the head or hand or other part of the body is moving independent of the whole body you are not doing Taiji just exercise
 - ▶ Tai Chi Classics – “the jin (force) is rooted in the ground, bursts out in the legs, is controlled by the waist, and functions through the fingers. From feet to the legs, legs to the waist, all should move as a unit”



Function of Silk Reeling

- ▶ Turns out that moving this way is really healthy
 - ▶ Relaxed silk reeling affords the salient health benefits of gently stretching all the tissues of the body and enhancing circulation throughout the body – Yang Yang
 - ▶ If you improve your structural organization (via relaxed silk reeling movement) you are likely to improve physiological function. If all your muscles are relaxed you lesson the load on the heart each time it pumps – Dr. Peter Wayne
 - ▶ In the language of TCM this means that the smooth moving via silk reeling enhances the movement of blood and qi.



How to practice Silk Reeling

- ▶ Pick a favorite form or two from your forms and do them as a loop – you can use the traditional form detailed in this presentation
 - ▶ Slow it down and really tune in your awareness to various focus points of the body
 - ▶ Can you feel the “pulse” starting in your feet, legs, directed by the waist and expressed by the hands. This is a process not a goal
 - ▶ Set an intention to make this form your own. To paraphrase Master BP Chan, Taiji can be learned by learning one move



LEFT HAND



RIGHT HAND



HINT--
WHEN DOING THE PARRY-PUNCH
INTO APPARENT CLOSE UP,
DO A FIGURE 8 TOWARDS
THE INSIDE.



FORWARD
PARRY



FORWARD
FOOT

HINT--
WHEN DOING THE
PRESS INTO THE PUSH
THE FEET DO A FIGURE 8
TOWARDS THE OUT SIDE.

BOTH ARE DONE WITH THE BODY !



Silk Reeling

