



## Taiji Treatise

(by Maestro Wang Zong-Yu 18<sup>th</sup> Century)

**Taiji, derived from the extreme, intergrades motion and stillness is the rule of Yin and Yang (positive & negative, plus & minus, etc.).**

**In motions, Yin and Yang differentiate; in stillness, the latter integrates; all within an exact extend yet cope with changes.**

**Retreating from an attack is EVASION, chasing after a retreating opponent is ADHERE.**

**Respond swiftly to hard attack while gently to slow movements.**

**The same principle applies to all situations.**

**Through constant practice, you will acquire the Jin (internal power), and with the Jin, you will attain supreme power.**

**Without constant practice, you will never experience the power of Taiji.**

**Lift the crown, breathe reversely, you will feel the Qi in your Dantian.**

**Center body to align with gravity.**

**Keep gravity shifting like the pendant of a clock.**

**Lift higher and bend lower than your component.**

**Advance further while retreat faster than your component.**

**Your gravity and center alignment will be automatically and accurately adjusted, even a feather, or a bug falls upon you.**

**I can predict the opponent; on the contrary, the opponent knows nothing about me.  
That is why I can win.**

**It is an innate physical rule for the strong bullies the weak; the fast overcome the slow and has nothing to do with Taiji's constant practice.**

**While observing how the weak defeat the strong, you will find that it is not a matter of strength or swiftness but natural skill.**

**An old saying [Four ounces deflecting a thousand pounds] ruled out the use of physical force against an attack.**

**A guy of 70 or 80 defeating a group is not relying on swiftness but skill.**

**Stand like a balance scale, move like a rolling wheel.**

**Shifting on one side, you can move at will; equally with component, you get stagnant (double-weight).**

**Despite practicing for years, most people still cannot counteract an attacking force because they always tend to lock themselves up with double-weight.**

**They would solve the problem once they comprehend the Yin and Yang.**

**Adherence followed by Evasion and vice versa, and this applies to the concept of Yin and Yang.**

**Once you master the skill, you would generate the Jin.**

**Once you attain the Jin, your skill will be immensely improved, and just by watching, you would pick up new issues with ease.**

**Most people would try to seek farther away instead of absorbing attacking power.**

**A miss is as good as a mile. I am writing this for all Taiji practitioners.**