



Taiji Treatise

(by Maestro Wang Zong-Yu 18th 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.