

Tai Chi Described

Reference-Yang Style Taijiquan by Grandmaster Yang Zhenduo

Words defining Tai Chi Chuan by Grandmaster Yang Chengfu, Recorded by Zhang Hongkui

1. "Taijiquan is part of the rich cultural heritage of China. It is an art in whose slow and gentle movements are embodied vigor and force. As a Chinese saying aptly puts it, "Inside the cotton is hidden a needle." Its technical, physiological and mechanical qualities all have a philosophical basis. For learners, the guidance of a good teacher and discussion of the skills and techniques with friends are necessary, but the most important thing is persistent and untiring practice." P.10
2. "In learning taijiquan, one should first of all start from the *quan jia* or frame of boxing; he should practice according to the routines and follow the master's every movement carefully, and keep each action in mind. Meanwhile, he should pay attention to *nei, wai, shang, xia*. *Nei* means using the mind rather than force. *Wai* means the relaxation of the limbs, shoulders and elbows, making the movements from the foot and leg to the waist gentle and continuous. *Shang* means straightening the head, and *xia* means sinking the breath to the lower belly." P.11

Zong Wu, July 23, 1987, records Grandmaster Yang Zhenduo

3. "Originally, taijiquan was created primarily for combat purposes. But with the development of weapons, this function slowly diminished and the stress was laid mainly on health promotion. However, it could still be used in combat fighting. but nowadays, people are apt to do the taijiquan with too much ease because of lack of real understanding of the demand for relaxation of the joints. After all, taijiquan is a kind of martial art, and its functions of attack and defense must not be forgotten. So in practice, the movements are outwardly 'soft' but inwardly vigorous. Otherwise, it is not taijiquan but calisthenics." P.291

Reference- A standardized Approach to Learning and Teaching Tai Chi Chuan
by Grandmaster Yang Jun (to be published)

Grandmaster Yang Zhenduo adds that tai chi chuan is a treasure of Chinese culture, it is a martial art, a medical treatment, and it helps nurture your character. He wishes to spread it as widely as possible to contribute to people's life and health.