

太极拳

桩功与气功动作理论指导

A GUIDE TO THE THEORY AND PRACTICE
OF TAI CHI QIGONG MEDITATION



吴恒栋(Kim)
Wu Heng Dong

放松是太极最高境界
RELAXATION IS THE HIGHEST LEVEL OF TAI CHI



Kim and master Chen zhenglei



Yangshuo and my hometown



Taught in Yangshuo



Taught at school



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Yangshuo Traditional Tai Chi School' s co-founders and headmasters. The 12th generation of Chen's Taijiquan, master Chen zhenglei's closed disciple. Kim with over 30years experience in both Tai Chi and Qi Gong, obtaining a level 6 tai chi master. Receiving a Wushu and Tai Chi Coach Certification of China, Grade 1, First Degree. Vice President of Yangshuo Taijiquan Association.

1979年7月生,广西防城港市人,毕业于广西民族大学体育与健康学院。自幼爱好武术,11岁随父练习武术基本功,先后受益于陈氏太极拳教练傅能斌、王海军的传授。后拜在全国"十大名师"陈氏太极拳第十一代嫡宗传人---陈正雷大师门下,系统正规地学习太极拳的拳理拳法,拳架纯正,拳械纯熟。本人习拳近30年能够掌握陈氏太极拳系列及太极理论知识,能较好的掌握实战攻防技巧。擅长教习太极拳术、丹田内功、实战推手和器械,擒拿与反擒拿、女子防身术,武术套路、散打等。

个人多次参加国内外太极拳、器械比赛并荣获12金4银;作为教练员多次带队学员参加国内外太极拳、器械比赛,并取得30金6银2铜的成绩。

自2000年开始从事太极拳教学工作,2006年创立阳朔欧美加国际陈氏太极拳培训中心,应市场发展需求于2010年创办了阳朔传统太极拳馆至今,希望通过办学能够更好的传播推广太极文化。任教20年来,所授学生年龄多样化、肤色不一、国籍不同,年龄在4-88岁之间,分别来自80多个国家,学员共计2万余人。在长期教学和推扩工作中积累了丰富的教学经验,得到社会各界人士的认可和广大学生的高度评价。

拳馆曾接待过中央旅游局副局长、中央建设局副局长、广西壮族自治区副书记、副主席、及广西各市县主要领导的参观学习指导。个人曾多次接授中央电视台国际频道、美国、英国电影公司、斯洛伐克电视台、香港凤凰电视台、广西电视台、桂林电视台、阳朔电视台、新华社、桂林日报等采访和拍摄。

He was born in Fang Cheng Gang, Guangxi province in 28 / 7 / 1979 and began a lifelong love and study of martial arts at the age of 11 initially under the tutelage of his father, also a keen martial artist. After learning the basic skills of Wushu (Chinese martial arts) from his father, he went on to study Chen-style Tai Chi under Coach Wang Hai Jun\Fu Neng Bin. He graduated from Guangxi National College of Health and Physical Education, He has participated in many domestic and international Taijiquan competitions from an early age, specializing in fist forms and sword forms, and has won more than 12 gold medals. After 20 years of teaching, many students have been trained. Some of them have become Taijiquan teachers. Some of them have participated in domestic and foreign Taijiquan competitions and won more than 30 gold medals.

Wu Heng Dong was honoured to be made a 12th generation disciple of Chen Zhenglei, one of the four "Buddha's Warrior Attendants (Si Da Jin Gang)" - the four outstanding exponents of the Chen family in Chenjiagou - who in December 1995 was recognized as one of Top Ten Martial Arts Masters of Present Day living in China. He was given the name Chen DeHao in recognition of this accomplishment.

Master Kim specializes in teaching: Chen Style Taijiquan; Taiji theory; Tai Chi internal strength; Tai Chi Fan; Five kinds of pushing hands; pushing hands (grappling); weapons; self-defense; Yang style taiji quan 24 form; Comprehensive Taijiquan 42 form and Sword 42 form: Kungfu; & Sanda (Chinese traditional boxing). He has been teaching foreign students since 2000 and has taught people from numerous countries ranging in age from 4 to 88. He hopes that his students will return home to spread the teaching of Tai Chi to their own countries. Tai Chi is from China and belongs to the world. Let more traditional Chinese health culture spread to every corner, so that everyone can achieve fitness, bodybuilding, self-defense effect.

前言

preface

本人经过长期的教学和实践，结合太极理论，以太极拳动作、桩功、采气法为基础编写了此书其中的学习方法适合当今太极爱好者习练太极拳。学员们想在更短时间内掌握太极气功的学习要领，以易学易懂易体悟思想架构。清楚思唯学习方向，运用胸式、腹式的顺逆呼吸及引用易经导引、吐纳配合。以达到意、气、形、神结合为目的，容入身体经络，同时以百会穴、会阴穴、涌泉穴为垂直中心线，以丹田与命门平行线为核心；两线交融突出四正四隅手的方向来练习。让初学者依次经历认识、学习、掌握到领悟太极拳和内气的修炼步骤。

This book comes out of my personal experience of teaching and practicing Tai Chi based on its theory, combined with a simple approach aimed at people in the modern world, which includes performing Tai Chi movements, standing meditation and the method of gathering qi. This book aims to help beginners quickly master the key points of Tai Chi qigong it is structured to make qigong easy to learn and understand. With a clear logical direction for learning, beginners can achieve the coordination of their mind, qi, shape and spirit during their practice by training their breath and improving the flow through their body's meridians. When practicing, keeping the Baihui, Huiyin and Yongquan the acupuncture points in line forms a vertical center while the Dantian and Mingmen form a horizontal center, both of which are integrated in the movements of the four limbs. Therefore, this book can be used as a guidebook for beginners to know what Tai Chi is and enable them to experience and master Tai Chi and its inner power.

本书围绕太极意，个人习武心德，太极拳的采气方法，几种桩功练法等来编写。详细阐述太极拳练习的几个阶段内功理论学习，结合课堂动作和理论双重配合，促进学生技术水平提高。使国内外学员更深入更明白的掌握太极拳。学员们不必要过多追求在短时间内对意念、气功有强烈的存在感，只有通过自己多练、多看、多听、多想、多悟才能自然而然的感觉到气的存在感。

This book is written around Tai Chi, based on my own practice of the martial arts; it will focus on Tai Chi's method of gathering qi and includes several kinds of standing meditation exercises. It will elaborate on the stages of Tai Chi practice, and concretize the theory of Tai Chi with classroom practice, aiming to help students at home and abroad to improve their practice after class, and more clearly grasp Tai Chi in depth. It is not necessary in the early stages for students to concentrate to much on the ideas behind qigong. Only by practicing, seeing, listening, thinking and becoming more self-aware can we naturally sense the existence of qi.

在本书的整理和编写过程中，得到赵辉、韩勇、Jamie（英国）、Jacqui（澳大利亚）、Martin（法国）、Ethan（美国）等的修改和翻译，才得以出版，在此对他们给予的大力支持表示衷心感谢。

In the process of collation and compilation of this book, I have received a lot of helps from friends. The book has been revised and translated by Zhao Hui, Han Yong, Jamie (UK), Jacqui (Australia), Martin (France), Ethan (U.S.A) and so on before it comes out. I would like to thank them here.

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练太极拳的感受

How I began in Tai Chi

太极给我人生打开了一扇奇妙的窗户。我自幼身体不好，体质虚，容易感冒，一旦感冒咳嗽起来经常几个月好不了。

Tai Chi opened up a wonderful window in my life. My health as a child was weak and I was prone to catching colds, which sometimes lasted for months.

后来父亲在我11岁时开始教我学习武术基本功，随着时间的推移随多名老师学习南拳系列、少林拳及武术器械。在外家拳基础上习练太极拳，先后受益陈氏太极拳教练傅能斌、王海军的传授。

At the age of 11, my father started to teach me the basic skills of Kungfu. As I progressed, I had other teachers who taught me Southern Fist Style, Shaolin Fist Style and various Martial Arts weapons. Through my experience and practice of external Martial Arts, I found the transition to studying Tai Chi was easier. I advanced my study of Tai Chi through the instruction of Chen-style Tai Chi Masters, Fu Nengbing and Wang Haijun.

后拜在陈氏太极拳第十一代嫡宗传人、国家非物质文化遗产传承人，中国十大武术名师之一陈正雷大师门下。

Later I became an apprentice to Master Chen Zhenglei, who is an 11th generation descendant of Chen-Style Tai Chi, an inheritor of National Intangible Cultural Heritage and one of the top ten Martial Arts Masters in China.

让我从最基础并同理论相结合、系统地学习陈氏太极拳的拳理拳法。通过练习武术和太极拳一段时间后，我的身体和精神上有了明显的变化，底气足了很多，有时稍微有点感冒，好起来也很快。

I was taught the elementary theory of Martial Arts, and from there I systematically learnt the theory and methodology of Chen-style Tai Chi. After practicing for a period of time, I experienced great physical and mental changes. I felt much more energetic and I could recover from a cold much more quickly than before. 随着对太极拳理论不断领悟和实证，越练越感到太极拳奥妙无穷，越练越感到生活离不开太极拳。经过多年的习练能够掌握陈氏太极拳系列及太极理论知识，拳架纯正，拳械纯熟，能较好的掌握实战攻防技巧。

With constant comprehension and demonstration of Tai Chi theory and practice over time, I feel that Tai Chi is infinite. The more I practice, the more I feel that life cannot be separated from Tai Chi or exist without it. After many years of study and practice, I have mastered the Chen-style Tai Chi forms and theory. I have a Tai Chi spirit, my movements are pure, and my weapons are skillful, which has enabled me to better master offensive and defensive combat skills.

练太极拳的体会

My Experience of Practicing Tai Chi

人们常说，太极拳是文化拳，是智慧拳，这是指太极拳蕴涵了丰富的中国传统文化内涵，饱含无穷的哲理，需要我们在掌握拳架动作的基础上，不断去琢磨、去领悟。

It is often said that Tai Chi is a Martial Art comprised of both culture and wisdom, for it is deeply rooted in traditional Chinese culture and contains infinite philosophies. For this reason, we continue to ponder, explore and understand the theories even when we master the basic movements.

我练了二十几年的拳，觉得对太极拳不能仅仅停留在练习这个层次，要练习、思考、领悟；思考、领悟、练习。

As a practitioner of over twenty years, I came to realise that Tai Chi can not be confined to physical practice alone. In addition, we need to think about, reflect upon, and understand our practice. After going through this repeated process, we are able to improve our practice.

几方面结合起来,慢慢积累,慢慢进步,渐渐达到较高的境界。我在习练太极拳过程中有下面的思考和体会:

Through the combination of these aspects, we will slowly accumulate and progress until gradually we reach a higher or deeper level of practice. The following is a summary of my thoughts and experience over the course of my practice:

练武要讲武德,这是最基本的尊师从教。

The moral aspect of Martial Art is paramount. Respecting your Master and obeying the discipline must precede practice, it is essential.

习武的人要以德为先, 人对事物看法互以礼貌互相敬重, “转益多师是我师”, 应当谦虚谨慎, 虚心求教, 向一切能帮助自己提高的人或事物学习、汲取好的东西。

Tai Chi or Martial Arts practitioners must place morality first when dealing with interpersonal relationships by respecting each other's viewpoints. You should stay modest and humble, openly ask for advice, and learn from anyone who can help you to improve.

心理的调整也很重要,相信修为高深的人,其道德品格和人格意志都是相当完善的。

Adjusting your psychological disposition also plays an important role. I believe that the more education you receive, the stronger your moral character will be.

太极修养能使人保持一颗平常心,心与自然融合,和谐社会,无欲无求,太极的锻炼本就是一个经年累月持之以恒苦练的过程。

Cultivating Tai Chi can help people to acquire a peaceful mind and healthy heart, which can be maintained through constant practice. In addition, hearts can integrate with nature to create a more harmonious society. The practice of Tai Chi is a process of perseverance and hard work over many years.

这个过程同时也磨练了自己的意志和品德,且自身视野开阔起来,学识增加,胆量增强。

This process also hones the practitioners' will, and character, broadens their vision, and increases their knowledge and courage.

人生好比练习太极拳的最高境界是不断提升平衡,太极可以平衡时间、速度与生命。

Life is like the practice of Tai Chi at the highest level, that is, to constantly strive for balance. Tai Chi can balance time, speed and life.

学习太极拳要有端正的心态。

A positive attitude is required for learning Tai Chi

无论做什么事,心态决定一切。太极拳也不例外。

太极拳是一种强调心意形三者合一的拳种,追求自然而然,用意而不用力。它主宰于腰,行于气,周身相随。

Whatever you are doing, your attitude or mindset determines everything. Tai chi is no exception.

Tai Chi is a type of Martial Art that emphasises the unity of the heart, mind and body. Tai Chi pursues nature in the way the practitioner exerts intention rather than force. This is aided by Qi, an internal energy, which is focused in the waist, but circulates around the body and is also in the air. Qi plays a dominant role in Tai Chi practice.

结构既严谨又系统化。所以在习练太极拳的过程中要认真体会心静、气沉、体松、形正、力顺、神聚的妙用。

The structure (of Tai Chi theory) is both rigorous and systematic. Therefore, in the process of practicing Tai Chi, we must seriously understand the abundant use of calmness, relaxation, adjusted shape, smoothness of strength and concentration of mind.

要知道心静下来了,气自然就会沉下来,气沉下来了,身体就会自然放松下来。身体放松了,形体就容易调正。形正了,力自然就顺了。

It is natural that once you calm down, your Qi will naturally sink and in turn your body will relax. When the body is relaxed, it is easier to adjust. Once the body shape is right, the force goes smoothly.

通过虚领顶劲,神自然就会聚起来。我在习练太极拳过程中,首先要为自己定一个初期目标、中期目标、长期目标和最终目标。层层深入,段段实现。一切顺其自然,以平静的心态来面对太极拳。

When practicing, you need to lift up through the crown of your head to maintain energy and relax your spirit. This will allow the spirit and energy to link together. In the process of practicing Tai Chi, first set up an initial goal, a medium-term goal, a long-term goal, and a final goal. Face each goal step by step, stage by stage, following a natural flow, with a peaceful heart and calm mind.

千万不要让自己觉得有心里压力和思想包袱，因为练太极拳最初的目标就是为了追求陶冶情操强身健体的。

Don't let yourself feel that you have pressure and negative thoughts, because the initial purpose of practicing Tai Chi is to pursue emotional strength and physical fitness.

切勿只追求动作优美，气势磅礴有力的外形东西。切勿心浮气躁、急于求成。要知道欲速而不达慢即是快，快即是慢的道理。

Don't just pursue the elegant movements that are beautiful and powerful. Don't be too impetuous and eager to make progress. "More haste, less speed," this is a proverb that means your progress will be better if you don't try to accomplish the task too quickly.

切勿意念过重，一开始就处处想着怎么调气，怎么呼吸，怎么走劲和招式的如何运用等。

Don't try to achieve everything all at once. In the beginning use a step-by-step method. Start with the movements, then combine with the breathing, then the mind/intention.

在决定习练太极拳时，首先要根据自身条件选择适合自己的套路。

When deciding to practice Tai Chi, you must first select a taolu (a "form" containing a specified set of Martial Art skills and techniques) that is suitable for your physical condition.

第一，体质较弱或有慢性疾病者，应选择练拳架高发劲少动作，以轻柔缓慢灵活为主，先以调养祛病健身为主，防身自卫为辅。

First, for those who are physically weak or have chronic diseases, practicing slow, gently and flexible movements are more suitable than the powerful, quick and difficult ones. The main aim is to help the practitioner recover and heal from the disease first, then learn the self-defense technique as a supplement.

第二，体质强健者，当以舒展大方，闪展腾挪蹿蹦跳跃发劲为主，以修身悟性和防身自卫同步修炼。

Second, for those who are already physically strong, more suitable taolu to practice are ones containing movements requiring their ability to be stretched like; jumping, shifting moves and strength. These aim to cultivate their moral character and develop their self-defense technique at the same time.

第三，有志于太极为终生追求者，当以太极拳经，拳论为指导方向，以高中低架来印证拳理和练功夫。以技击实战为灵魂，以延年益寿为根本。以传承和弘扬太极为终极目标。

Third, those who are interested in making Tai Chi their lifetime pursuit should study the teachings of Taijiquan. They should practice all levels of Tai Chi using the traditional teachings as the guiding direction. This will improve their theory and practice taking the combat skills as the soul and the longevity as the fundamental foundation. To inherit and promote these skills and teaching is the ultimate goal.

太极拳讲究理论和实践相结合

Tai Chi pays attention to the combination of theory and practice

俗话说“无规矩不成方圆”，所以在练习拳架时，要以：虚领、含拔、沉坠、松胯、虚实、刚柔、顺逆、用意不用力、上下相随、内外结合、连绵不断、动中求静通过外形的正确导引才能体会到内在精、气、神的变化。

There is an old Chinese saying, "Without rules, nothing can be done." With this in mind, the following principles should be considered an integral part of your practice: empty your mind, sink your weight down whilst lifting up through the top of the head (stretching the spine), relax or release tension, move with intention, combine internal and external, and be continuous with the movement. Through the correct guidance of the postures and movements there is a better understanding of the inner precision of the Qi and the mind. 这样才能逐步进入以外形带内动的阶段，然后再以内动带外动，最后达到内外合一的状态

In this way, it is possible to gradually enter the stage of internal movement driven by external shape, followed by the stage where internal movement drives the external shape. The ultimate goal is to achieve the state of internal and external unity.

太极拳是传统文化武术合二为一的经典之作。要想理解和掌握它难度可想而知了，它犹如一个神秘的宇宙好看不可触及。

Tai Chi is a classic work that combines traditional cultural and martial arts into one. It is difficult to understand and master. It is like a mysterious universe, beautiful, but untouchable.

但太极界有句谚语“一层功夫，一层理，层层功夫，层层理。”所以要有明确指导方向，正确练习方式和系统的训练方法，太极拳也并不是像宇宙那样不可触及。

There is a proverb in the Tai Chi world, “One layer of effort, one layer of reasoning”. This translates to meaning that if there is a clear direction, correct practice and systematic training methods, Tai Chi will not be untouchable like the universe.

在太极拳的习练中，要像在校求学的学生一样，分小学、初中、高中、大学。层层教学，层层深入，层层理解，层层掌握。

In the practice of Tai Chi, we should be divided into level or experience groupings much like students in school, who are divided into primary school, middle school, high school, and university. The teaching should be “layer-level” with new layers of depth added after each level is understood and slowly mastered.

太极拳功法独特

Tai Chi exercises are unique

(1)、太极拳是运用阴阳转换，五行生克原理，以意导气，以气催形；

Theoretically, Tai Chi is based on the transforming principle of Yin and Yang. Also the promoting and inhibiting relationship of the five elements. During Tai Chi practice, Qi is guided by the mind to shape the movement.

运用棚，捋，挤，按，采，捌，肘，靠，螺旋缠丝，贴粘连随，劲由内转换等技击方法。

There are different energy applications which can be employed: Peng, Lu, Ji, An, Cai, Lie, Zhou, Kao. Examples of skills these use are that of rolling, smoothing, squeezing, pressing, plucking, rolling, elbow, leaning, rotation, sticking and connecting, and transforming from the inside to the outside.

以化、打、拿、发结合，化中有打，打中有化，拿与发，攻中有防，防中有攻，刚柔相济，快慢相间，处处体现出以静制动，以柔克刚，“四两拨千斤”的独特攻防技巧和强身健体的科学性。

Tai Chi can change the way that power is delivered depending on what your opponent does. You can use “fajin”, which is hitting using various body parts (fist, elbow, shoulder etc) and locking the joints, but the main idea is to transition quickly from attack to defense. Yin Yang is the controlling influence to achieve balance between fast and slow, and strong and soft. The part of the body delivering the power can shift if one part is unsuccessful in the attack. For example, shifting the attacking part to the forearm from the hand. It's about borrowing and using your opponent's power.

(2)、太极拳的攻防:攻击，是武术的灵魂，太极拳也不例外。

Tai Chi's attack and defense: attack is the soul of martial arts and Tai Chi is no exception.

一般武术是把攻防分开来讲，攻则踢，打，摔，拿。防则格，挡，躲，闪等；

Generally, martial arts separates attack and defense. Attack includes kick, hit, throw, lock, while defense includes block, dodge, deflect etc.

而太极拳则不然，它将攻与防，化与打，引与进包含在一个螺旋式的动作之中，从而化打结合，化中有打，打中有化，攻中有防，防中有攻，对立统一，阴阳相济，以弱胜强。

Tai Chi, on the other hand, is not like this. It includes attack and defense, transformation of defense to attack,

advance and withdrawal in a spiral movement, combining transformation with attack, attack with defense, defense with attack, and combining Yin and Yang, defeating the strong by the weak.

特别是技法中的顺势借力，造势借力，从反面入手，劲走三节，顺逆缠丝，螺旋进击，松活弹抖等都是其独具特色的技击方法。

In particular, Tai Chi takes advantage of or creates a situation in which the practitioner is able to “borrow” the power in the technique of an opponent. This means that through softness, quickness, spiraling rotation and vibration it is possible to transform disadvantages into advantages by using the opponent's strength against them, then continues the defense by advancing in a spiral way for an attack. It is a continuous circle or spiral of defense to attack.

(3)、太极拳有修养身心，陶冶情操的功能:太极拳非常讲究“天人合一”，“形神合一”，讲究“舍己从人”，研究“彼不动己不动”，“随屈就伸”，将待人接物以善为本的行为准则，有机地融会到具体的技法当中，即使在激烈的搏斗中，也处处讲究与人为善的太极宗旨。

Tai Chi cultivates your mind and body, epitomizing the harmony between Man and Nature, the unity of form and spirit; it is also about putting others before yourself. Kindness as a fundamental code of conduct, has been naturally integrated into specific techniques, so that even in an intense battle, practitioners apply it as a mission or purpose of Tai Chi.

太极拳是一种重要的健身与预防疾病的运动，被誉为世界第一健康品牌。练习太极拳，可以调节神经系统，心脑血管系统，呼吸系统，消化系统的功能和协调能力，发挥各系统的积极性，而且能加速体内物质代谢程度，有一定的防老作用，这已为无数事实所证明。

Tai Chi is an important component of fitness and disease prevention, and is regarded as the world's first health brand. Practicing Tai Chi can regulate the function of your nervous system, cardiovascular and cerebrovascular system, respiratory system, and digestive system. It can stimulate each system, and speed up the metabolism of substances in the body. Tai Chi also has a certain anti-aging effect, which has been proven in many studies.

太极拳与创业

The establishment of Tai Chi school

经过多年的学习武术和太极拳，从弱者为身体锻炼而变成专业学习者，成就我是一名太极拳教练员。

Through many years of studying Kungfu and Tai Chi, I have become a professional learner, transforming myself from a weak man into a skilled practitioner and Tai Chi instructor.

在长期第一线推广教学中，并没有放弃学习和提高自己技术水平。

When I began my long-term teaching career and promotion of Tai Chi, I did not give up learning and continued to improve my own technical level.

不断参加各项太极拳、械比赛，并获得各种奖项，如国际太极拳年会及世界太极拳健康大会比赛拳、械一等奖等等。

I have participated in various Tai Chi competitions and won numerous awards, medals, and first prizes, such as the International Tai Chi Annual Meeting and the World Tai Chi Health Congress competition boxing as well as other competitions.

希望通过开馆能够传播太极的博大精深，让更多的人知道和学习。

My hope is that through opening the Yangshuo Traditional Tai Chi School, we are able to spread a profound understanding of Tai Chi by helping more people to experience its culture and to facilitate the learning of Tai Chi practice and theory.

长期教学和推广得到学生社会各界的认可和评价，

My long-term teaching and promotion of Tai Chi has been recognized and evaluated by sectors of the community and by students.

同时个人接授参加中央电视台国际频道、广西电视台、桂林电视台、阳朔电视台、英国电影公司、香港凤凰电视台、采访和拍摄。

I have participated in interviews and filming for CCTV International, Guangxi TV, Guilin TV, Yangshuo TV, British Film Company, and Hong Kong Phoenix Television.

任教太极拳及武术套路20年间所授学生不同年龄、不同肤色4至88岁之间，接访教学国内外学员80多国人员，学员2万多人。

During my 20 years of teaching both Wushu and Tai Chi, I have taught more than 20 thousand students, ranging in age (from 4 to 88) and ethnic background from over 80 different countries.

我馆开办至今已接待过中央旅游局副局长、建设部副部长、广西壮族自治区副书记、副主席、及广西各市主要领导参观学习指导。

Since its opening, the Yangshuo Traditional Tai Chi School has received visits from the Deputy Director of the Central Tourism Bureau, the Vice Minister of Construction, the Deputy Secretary of Guangxi Autonomous Region, the Vice-Chairman, and the main leaders of Guangxi Cities.

要做强做大太极拳事业,太极要在国际上扩大影响力,就要树立起品牌意识、精品意识、教学意识、服务意识、包括从细节上体现出来,将之规范化、制度化,常态化、形成有效的机制体制。

In order to strengthen and expand the influence of Tai Chi it must be shared internationally. Therefore it is important that Tai Chi establishes an awareness of brand, quality, teaching and service in order to create a program that standardizes, institutionalizes, and normalizes an effective mechanism embodied in detail to maintain the essence of Tai Chi theory, practice and culture.

同时我们要大胆吸收西方发达国家先进教学经验模式，以通过网络途径向全世界推广和普及，加快培养太极教练员经济复合型人才。

At the same time, we should boldly absorb the advanced teaching experience models of western developed countries, to promote and popularize Tai Chi to the whole world. This can be achieved by accelerating the cultivation of Tai Chi coaches to create a connected worldwide network.

把中国传统文化与西方文化结合教学创新和同步发展，集休闲、健身养生、旅游娱乐产业链的互动。

Combining Chinese traditional culture with Western cultures teaching innovation and simultaneous development, can lead an integration and interaction of leisure, fitness and health, tourism and entertainment industry chains.

太极拳产业的发展也要应坚持以人为本的原则，只有从事太极运动及相关产业的个人和群体的经济利益能够得到充分的保障，这项运动才能得以延续和发展。

When establishing a Tai Chi school, it is important that the "business" side does not override the teaching ethic and culture of Tai Chi.

作为一名中华武术太极拳的习练者和爱好者,我有义务继承和发扬武术的责任和使命。我将更加努力做好相关的工作。

As a practitioner and enthusiast of Chinese Martial Arts and Tai Chi, I am obligated to inherit and carry forward the responsibilities and mission of Martial Arts. I will continue to work hard to do the related work.



太极意 Intention or Mind (yi) in Tai Chi

什么是太极意？对于不懂太极拳的人或学习比较浅者是很难理解。

What is intention (yi) in Tai Chi? It is hard to understand for those who know little about Tai Chi or who are just starting to learn.

太极：含意来说是原始无极结合自然界万物所生，也不是天也不是地以中间的意思是平衡；意：意念、意想、意识、意静、意到丹田，意到全身四肢百骸。意念是一种思想，一种感受，一种体悟。

The literal translation of Tai Chi (pinyin, taiji). Is "Supreme Ultimate", or "Supreme Ridgepole", but this gives very little sense of its meaning as a concept in Chinese philosophy and cosmology. "Taiji" is the first structure of the universe that emerges from its initial stage of formlessness (wuji) and which in turn creates the two opposites of movement (yang) and stillness (yin) which are constantly flowing from one to the other. When Yin and Yang coordinate with each other, they create balance.

Intention (Yi): means thoughts, intention, or concentration of mind. In Tai Chi, Yi can be focused anywhere in the body. When Yi is focused on a particular area of the body, it creates a feeling which is both physical and emotional, and which develops with experience.

学习太极拳有三个要求；动作、呼吸、意念，而这三者又必须相互结合，初学者需要一定时间学习，而且不容易掌握，意念又是初学者最不能忽视的要求之一。

There are three essential principles for Tai Chi practice: movement, breathing and intention. During practice, these three must be coordinated. It takes time for a beginner to coordinate the elements of movement, breath and intention in their practice. Foremost in Tai Chi practice the practitioner must be relaxed. This is impossible if the mind is trying to remember too many things at once. That is why each element of practice is introduced step by step. As the practitioner comfortably integrates each aspect into their practice, it is possible to advance to another level.

意念的练习从太极气功和站桩做起比较好，做到大脑、身体要静、要松、要沉。

To practice or feel the intention, the practitioner usually starts with Qigong or standing meditation. This requires tranquility of mind, relaxation and sinking the body. The physical elements of Qigong and standing meditation are much simpler than those of Tai Chi. Therefore it is easier to focus on intention during this practice than during Tai Chi.

一、静是慢慢把我们思维解放和环境因素结合起来融入大自然当中，

1. In Tai Chi, tranquility means having a relaxed mind and is furthered by imagining that your body is merging into nature or your surroundings, becoming a part of the environment.

二、松就是在静的原则下用呼吸调结全身的放松，呼吸快慢长短均匀都直接影响周身的放松。

2. In Tai Chi, relaxation means that you are calm, relaxing your body by breathing. The pace and length of your breathing directly influences your body's relaxation.

三、松沉是陈式太极拳的特点，是把气沉到丹田至腿到脚掌涌泉穴。学习者不能急于求成，在短时间内是很难得到内在的体会，所以一般学习6年以左右的学习者，对太极拳的意念的理解都还是比较浅的。

3. Sinking, normally used together with relaxing, is one of the special qualities that distinguishes Chen-style Tai Chi from the other styles of Tai Chi. It means that you allow your body, and qi, to sink downwards into your feet. Chen-style requires the practitioners to focus their minds and their breath down to their Dantien which is a point about three inches below the navel. Advanced practitioners also then focus their mind and breathing down through the Dantien and then into the YongQuan, a meridian point in the middle of the foot. This takes some time to achieve and it requires patience. Even someone who has been practicing for six years may still have only a superficial understanding of intention in Tai Chi practice.

太极气功主要是练习身体的放松，肢体动作易学，在调整呼吸不容易。

Most of the movements in Tai Chi and especially in qigong are relatively simple. Even a beginner will gain the benefits of relaxation in their practice. However, to integrate breathing and movement together takes

much more time.

用呼吸调整周身松柔、快慢节奏、均匀呼和吸，是通过呼吸长短来调节内在的五脏六腑运动,及锻炼达到调节神经、按摩内脏、畅通气血、促进新陈代谢等功能。

Your breathing pattern, including pace and depth, greatly influences your ability to relax. Correct Tai Chi breathing can regulate the nervous system, massage the internal organs, cultivate and regulate qi and blood circulation promote a healthy metabolism and improve other functions as well.

这时候就可以用你的思维和意念引导呼吸运行，日积月累手掌得气感觉热、麻、胀。这是经过人体肌肉放松达到气和血加快运行的结果。

In Tai Chi practice, you use your mind and concentration to direct the qi to circulate in your body. After consistent practice, you can feel qi in your hands in the form of sensations of heat, numbness, tingling or an ache. This is a natural result of the increase of qi and blood flow when the body is relaxed.

太极拳中的“腹式逆呼吸”与人体呼吸情况恰好相反；表现为吸气时小腹（丹田）内收，膈肌上升，丹田（关元穴三阴经与任脉交会点）之气由小腹上升，胃部自然隆起，胸廓自然扩张，肺活量加大；呼气时小腹外突，膈肌下降，内气下沉至丹田，胃部与胸廓自然平复。达到清气上升，浊气下降的过程。

The "Reverse Abdominal Breathing" used in Tai Chi and qigong is the opposite of the human body's natural breathing. When inhaling, the lower abdomen is pulled inwards instead of naturally extending. Simultaneously the diaphragm rises and the qi rises from the Dantien. As a result the chest naturally expands, increasing the lung capacity. When exhaling, the lower abdomen relaxes, the diaphragm drops, the qi sinks into the Dantien and the stomach and chest return to the normal position.

当呼吸已调到深长、均匀、缓慢、柔和、内引的时候，直接用意念引导做逆呼吸方法练习。

When a practitioner's breathing has become deep, regular, slow and soft, they can begin practicing reverse abdominal breathing.

气源于丹田起脚掌涌泉穴经委中、承扶、会阴互接长强提肛丹田内收（收腹）气往命门穴及背上提至大椎、风府、百会穴、印堂穴、人中穴为吸气督脉上升；Advanced practitioners who have mastered the basics of reverse abdominal breathing can then begin guiding qi with their intention during their practice.

The first stage of guiding qi in this practice involves the Microcosmic Orbit, or small circle. When inhaling the practitioner should gently grip the ground with the toes, gently pull up the perineum and also slightly tip the pelvis so that the coccyx moves forward. Simultaneously, the practitioner visualizes qi moving up the spine from the perineum to the top of the head.

When exhaling the practitioner should relax the toes and perineum, and allow the pelvis to relax so that their lower back straightens and the coccyx moves back a little. The practitioner should simultaneously visualize the qi moving from the top of the head down the front of the body perineum.

More advanced practitioners move onto practicing the Macrocosmic Orbit, or large circle, while they use reverse abdominal breathing. The process is the same as the Microcosmic Orbit, except that the circle of qi being visualized is bigger. In the case of Macrocosmic breathing, the circle of qi goes from the middle of the bottom of the feet up the legs, then up the spine to the top of the head during inhalation. Then during exhalation the qi is visualized moving from the top of the head down the front of the torso, through the Dantien and then down the legs to the middle of the bottom of the feet.

When practicing either the Microcosmic Orbit or the Macrocosmic Orbit, the tongue is always placed, touching the roof of the month just above the back of the teeth. The reason for this is that when we pull up the perineum and place the tongue behind the top teeth, we connect two meridians to make a circle. This circle of qi made by connecting these two meridian lines between the perineum and the top of the head is known as the Governing Vessel. Connecting these two meridian lines enables us to increase our blood flow and to cultivate more qi.

呼气任脉下降接身体的正面承浆穴、天突、膻中穴、神阙穴、气海、关元、丹田膨胀（开腹）会阴至涌泉穴。顺呼吸就是以身体正面、气起于丹田膨胀（开腹）经涌泉穴及会阴穴提肛、关元、气海、神阙穴、膻中穴、承浆穴为吸气任脉上升；呼气经人中穴、百会穴、风府穴大椎穴、命门穴、长强穴至承扶、委中、涌泉穴、丹田和命门撑开（收腹）督脉下降。

太极内功是自然而然的练习，刚开始不以意念克制自然的练法。

所以万物的生长变化都源于无极而生，无极生太极是结合哲学理念、吸收中医学的人体经络、儒家的思想、佛家的安静、道家的自然文化精髓，前人创编太极拳以阴阳平衡万法自然的一种拳种。

Tai Chi and qigong work with the principles of nature. Relaxation is the most important element of practice, at every stage.

Tai Chi is a combination of philosophies, which includes the wisdom of meridian theory of Chinese medicine, Confucianism, Buddhism and the essence of the Taoism. It is a martial art created on the basis of Yin and Yang.

太极拳追求的是灵感，灵敏和速度，“要求用意不用力”。这是因为，意念集中了，周身放松了，才能肢体协调，内气节节贯通，然后，才能产生速度，产生力量。

Tai Chi cultivates sensitivity, relaxation, balance, stability and speed, requiring intention rather than force. This is because when the mind is gently but clearly focused and the whole body is relaxed, our body parts can work together in unity. Then qi flows smoothly, and the body is capable of great speed and strength.

太极拳的松柔，不是你想的那样，不用力就是松柔，用力就是刚硬。

Power in Tai Chi is applied through softness in order to maintain speed and sensitivity, and to keep the body stably rooted. When striking, the body only tightens for a moment, during impact, before returning to a relaxed state. As the Tai Chi principle states, "Soft not weak, fast not stiff."

在不失绷劲的条件下，放松下沉，这叫柔；“刚”则是通过速度产生一种灵活性的力量，是一种松活弹抖的力量，是人体通过螺旋内外结合的爆发力。

There are two main types of power in Tai Chi, soft power and strong power. Soft power can be applied quickly or slowly, but it is not applied through striking. Strong power is always applied with speed and striking, even if the two opponent's bodies are already touching when the strong power is used. For example, you can strike with your shoulder to your opponent's shoulder even when they are touching.

Mechanical power in Chen-style Tai Chi is generated through a spiralling or rotating motion within the body. A high level practitioner will rotate their legs, pelvis, hips, spine and arms every time they move.

This power is a flexible and elastic force, an explosive force produced by the spiral motion of internal energy and external strength.

所以在运动过程中表现为柔，在运动到落点时表现为刚。“用意不用力”，是要求思想清静，精神集中，达到入静程度，进行拳术演练，才领悟有意的存在。Therefore, it appears soft in motion and powerful when it reaches its intended force. The Tai Chi Principle that all movement is formed by Intention is probably the least understood and most difficult principle to understand. Use intention/mind not force means keeping a quiet mind, focusing on breathing and reaching a still and silent mental state rather than learn movement without intention.

初学者很容易用僵劲拙力，这时你要放松，不要用力，要找身体肌肤毫毛经络畅通打开伸长牵引的感觉。

Beginners find it easy to use rigid force. In this case, you have to relax, do not exert, try to feel that your body including the pores of the skin, the hair, the meridian channels are breathing, extending or flowing.

气和力结合在一起叫内劲，练太极拳还要求“劲断意不断、意断形不断、形断气不断”。

Force comes from the coordination of qi and exertion. Tai Chi is circular, when a movement reaches its limit, the intention continues; when its intention stops, its form remains; when its form ends, its qi moves on.

是说在定势时，动作停止了，劲力似乎断了，但是意念没有断，这是内气回归丹田的一种表现，其中蕴涵着下一个动作的开始。内气回归丹田时，丹田会产生一种强大的膨胀力，与命门穴是互相吸连膨胀，身体既有收缩又有膨胀，极其灵敏。从外形上看，劲断了，内气通过意念，在周身贯串得非常饱满，随时都可以喷发而出，自然而然随意而动。

During practice, when a movement stops, power no longer seems to be exerted, however, the intention remains. Qi returns to the DanTien, preparing for the next movement. When qi comes back to the Dan-Tien, there is a swelling feeling, which connects with the MingMen. When qi is concentrated, stored and swelling in the DanTien, movement can be initiated very fast. At the end of the movement, it seems that power is no longer exerted, yet qi, under the instruction of intention, continues to flow through the whole body, preparing for the next exertion of power at will.

“在意不在气、在气则滞”，则是说意念是一种灵感，意念始终集中在这个灵感上，非常灵活。如果没有这个灵感，没有圆活饱满的内气感觉，刻意地用力，去追求某一种感觉，就会不灵活，就滞重，会影响思维发展空间缩小。

Following intention not qi may become a hindrance. Intention is more like inspiration, or put it this way: intention is an abstract will inspired and felt by the heart. If intention is not felt or inspired by the heart and if it is felt without the fullness of qi, the exertion of power will become very mechanical and rigid. The mere pursuit of the feeling may also create a hindrance which blocks the intention.

总之，太极拳的意念问题是比较抽象的，也难以把握的。在不同的阶段对意念有不同的要求。太极拳对意念的要求我分为以下几个阶段。

In all, the principle of intention is a too abstract an idea to be understood and mastered. Moreover, there are different requirements for intention at different levels, which can be divided as follows:

初学阶段，练习者的意念主要是去除杂念应从站无极桩及简单基本功，思考，记忆动作的要领，套路的结构，路线的方向等问题。老师要善于引导学生，要由浅入深，从易到难引导教学。这时如果要讲一些“意守丹田”“劲断意不断”“用意不用力”“内气运行”等等意念问题，学生是很难理解接受的，而且很容易出偏差。

In the initial stage, the practitioner's intention is mainly to remove distractions by practicing Wu Ji meditation and simple basic movements, thinking, remembering the key movements, the structure and execution of the Tao Lu (the form), and so on. Teachers should be good at guiding students, from the simple to the deep, from the easy to the difficult. At this stage the instructor should avoid introducing any abstract concept such as "focus intention on the DanTien" "use intention not force" and so on. It is difficult for students to understand and accept these ideas, and they are easily misunderstood.

进入二阶段，练拳达到套路熟练，动作规范标准的程度后，再经过一段时间的练习，练习者手上会出现麻、热、胀的感觉，这是有了初步内气的表现。此时，可以开始讲一些意念的问题。学生练拳时的意念是动作协调，周身放松，内劲连绵不断，要把手上的感觉保持住，贯串始终。

In the second stage when practitioners are familiar with the Tao Lu, after a period of practice and as their movements are increasingly correct, they will feel in their hands sensations of numbness, heat, swelling, which means there is an awareness of developing the inner energy or qi. At this point, the instructor can teach the concept of intention. Students will have a rough feeling about what intention is, and they can feel it in their hands. They should be instructed to keep the feeling, relax and coordinate their body so as the internal energy of qi fills and flows around the body.

第三阶段是经过长期的锻炼后，会产生内气注入丹田，在每一个动作的定式时，都要用意把内气完全收入丹田。内气回归丹田的感觉是沉重，饱满。

The third stage comes after a long period of exercise. In this phase, practitioners feel that the internal energy of qi fills the DanTien at the end of each movement, which is done by the power of the mind. When qi fills the DanTien, practitioners feel heavy and full at the DanTien.

第四阶段是用意使内气下到脚上，降于涌泉穴，达于脚指尖，要有脚踏实地的感觉。达到这个程度，就有步法轻灵稳健，稳如泰山的感觉。意识不断地随形而动配合呼吸，你才能体会到内气在周身的运行。

In the fourth stage, practitioners can use intention to lead the energy of qi to their feet and then to the tips of toes. At this point, practitioners feel flexible in their movements, steady as a mountain when staying in stances. As intention moves smoothly and breathing is coordinated, the energy of qi can be felt flowing all around the body.

太极就是阴阳的转换和变化，至于虚实、开合、动静、快慢、刚柔、顺逆只不过是这种理念的内容，它们分述太极的各个方面。比如虚实代表太极的性质，开合代表太极的作用；动静代表太极的状态，快慢代表太极的节奏，顺逆代表太极的方向，刚柔代表太极的应变走化。整体概括就是：周身放松、体会整体松沉、移动重心和转腰、掌握顺逆缠丝劲、意气形的结合。

Tai Chi is the transformation and change of Yin and Yang in their various forms such as emptiness or fullness, opening or closing, fast or slow, dynamic or still, soft or firm. They describe the various aspects of Tai Chi. For example, emptiness and fullness represents the nature of Tai Chi, opening and closing represents the function of Tai Chi, dynamics represents the state of Tai Chi, fast and slow represents the rhythm of Tai Chi, reverse and obverse represent the direction of Tai Chi, softness and firmness represents the flexibility of Tai

Chi. We can summarise the manner in which Tai Chi is experienced as follows: the whole body is relaxed and loose, the center of gravity moves as the waist and turn, there is a mastery of the entanglement of strength, and a combination of intention, qi and breathing.

久视伤血，久卧伤气，久坐伤肉，久立伤骨，久行伤筋，是谓五劳所！内部资料参考学习。

Staring for long periods harms the blood; lying down too much hinders the internal energy of qi; sitting too long hurts the muscle; standing too long harms the bones; walking too much impairs the sinews.

References for internal use only.

佛语

不争就是慈悲，不辩就是智慧。

不闻就是清净，不看就是自在。

平衡就是阴阳，阴阳就是太极。

无极就是自然，自然就是放松。

写 2016年3月



太极气功 8 种采气法

8 methods for gathering Qi in Tai Chi Qigong

1

太极采气法

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2

阴阳采气法

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3

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丹田前后采气法

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左右上步抓气法

The stepping left and stepping right method

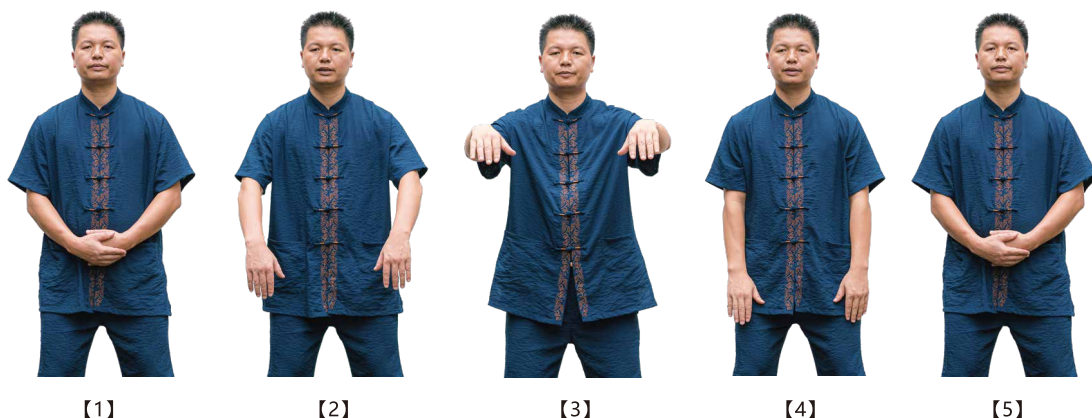
8

丹田内功（转）法

The DanTian internal power transfer method

太极采气法

The Tai Chi method



要求:

两脚并立，成立正姿势。

Follow these steps:

Stand with your feet together and your back straight. Feel your spine stretching upwards.

两臂下垂于身体两侧，手心向内。

Let your arms hang naturally by your sides with palms facing inwards.

头自然正，唇齿微合，舌尖抵住上腭，目视前方。

Look straight ahead, mouth and lips closed naturally, with the tip of your tongue resting against the palate. Your tongue should be towards the front of your palate, just behind the teeth.

向左横开步时，重心先移右腿，提左脚开步，脚尖先着地，慢慢踏平，重心两腿之间，保持会阴穴与百会穴相对。

Pick up your left foot, keeping your ankle relaxed. Place your toes on the ground, shoulders width apart. Gently set the rest of your foot on the ground, then shift your weight to rest evenly on both feet. Your center of gravity should be balanced on both feet. The top of your head (baihui point) should be directly above your perineum (huiyin point), forming a vertical line.

两掌交叉放在丹田处（肚脐下），男的左掌在里面右掌在外面（女的右掌在里左掌在外）。

Place your hands over your Dantian, one hand inside the other, two to three fingers width below your navel. Men place left hand inside, right hand outside. Women, right hand inside, left hand outside.

自然呼吸，周身放松，气沉丹田，降于涌泉，松胯屈膝，脚趾轻轻抓地，全脚掌放松。

Breathe naturally, relax the whole body, and calm your mind. Sink your weight to your Yongquan point. Bend your knees. Keeping the center of your feet relaxed, gently grasp the ground with your toes.

在意静体松的情况下，调节呼吸顺畅达到缓慢、深长、均匀、细、柔和。

Once you are relaxed, allow your breath to become slow, deep and soft. Do not force your breathing to change. Let your breath relax as your mind and body relax.

双掌从丹田往下打开，掌心向下，以肩同宽同高向上缓慢移动，两掌稍微比肩高一些为吸气；然后两手掌心向下慢慢往下按到胯前为呼气；来回往复快慢结合呼吸多次练习。（坚持每天10分钟以上）

Open the palms downward from the Dantian, keeping the palms facing down. With hands shoulders width apart, and shoulders relaxed, inhale your palms to rise in front of you. Keep your hands in line with your shoulders as your palms rise until they are a little higher than your shoulders. Exhaling, let your arms slowly drift back down to your hips. Repeat this movement, keeping the up and down movements in time with your inhalation and exhalation respectively. (Practice at least 10 minutes everyday.)

阴阳采气法

The Yin and Yang method



【1】



【2】



【3】



【4】



【5】



【6】



【7】

要求:

两脚并立，成立正姿势。

Follow these steps:

Stand with your feet together and your back straight. Feel your spine stretching upwards.

两臂下垂于身体两侧，手心向内。

Let your arms hang naturally by your sides with palms facing inwards.

头自然正，唇齿微合，舌尖抵住上腭，目视前方。

Look straight ahead, mouth and lips closed naturally, with the tip of your tongue resting against the upper palate. Your tongue should be towards the front of your palate, just behind the teeth.

向左横开步时，重心先移右腿，提左脚开步，脚尖先着地，慢慢踏平，重心两腿之间，保持会阴穴与百会穴相对。

Pick up your left foot, keeping your ankle relaxed. Place your toes on the ground shoulders-width apart.

Gently set the rest of your foot on the ground, then shift your weight to rest evenly on both feet. Your center of gravity should be balanced on both feet. The top of your head (baihui point) should be directly above your perineum (huiyin point), forming a vertical line.

两掌交叉放在丹田处（肚脐下），男的左掌在里面右掌在外面（女的右掌在里左掌在外）。

Place your hands over your Dantien, one hand inside the other, two to three fingers width below your navel.

Men place left hand inside, right hand outside. Women, right hand inside, left hand outside.

自然呼吸，周身放松，气沉丹田，降于涌泉，松胯屈膝，脚趾轻轻抓地，全脚掌放松。

Keeping the center of your feet relaxed, gently grasp the ground with your toes. Bend your knees slightly, centering your weight just behind the balls of your feet. (The "palm" of your feet. This is called the "YongQ-uan"). Relax your body, letting your skeleton support you. Allow your breath to flow easily and naturally.

在意静体松的情况下，调节呼吸顺畅达到缓慢、深长、均匀、细、柔和。

Once you are relaxed, let your breath become deep, slow and soft. Do not force your breathing to change, the change will come as a natural result of your physical and mental relaxation.

双掌从丹田往下打开，掌心向上，左右掌打开以弧形向上到头顶上方交叉合并为吸气；然后两掌合并慢慢往下按到胯前为呼气；来回往复快慢结合呼吸多次练习。（坚持每天10分钟以上）

Rotate your wrists so that your palms face upwards. Keeping your elbows slightly bent, lower your hands along the midline of your body until they are even with your hips. With your shoulders relaxed and your chest hollow, move your hands outwards and upwards, tracing a circle with your middle fingers. Your hands should reconnect above your head. From there, place one hand above the other, palms down. Slowly press both hands down along your midline, keeping a fist widths distance between your hands and the front of your body, until they reach your Dantien. Repeat this movement of your hands and arms. Breath naturally. (Practice at least 10 minutes everyday.)

开合采气法

The Opening and Closing method



【1】



【2】



【3】



【4】



【5】



【6】



【7】

要求:

两脚并立, 成立正姿势。

Follow these steps:

Stand with your feet together and your back straight. Feel your spine stretching upwards.

两臂下垂于身体两侧, 手心向内。

Let your arms hang naturally by your sides with palms facing inwards.

头自然正, 唇齿微合, 舌尖抵住上腭, 目视前方。

Look straight ahead, mouth and lips naturally closed, with the tip of your tongue resting against the palate.

Your tongue should be towards the front of your palate but behind the teeth.

向左横开步时, 重心先移右腿, 提左脚开步, 脚尖先着地, 慢慢踏平, 重心两腿之间, 保持会阴穴与百会穴相对。

Pick up your left foot, keeping your ankle relaxed. Place your toes on the ground, shoulders width apart.

Gently set the rest of your foot on the ground, then shift your weight to rest evenly on both feet. Your center of gravity should be balanced on both feet. The top of your head (baihui point) should be directly above your perineum (huiyin point), forming a vertical line.

两掌交叉放在丹田处(肚脐下), 男的左掌在里面右掌在外面(女的右掌在里左掌在外)。

Place your hands over your Dantien, one hand inside the other, two to three fingers width below your navel.

Men place left hand inside, right hand outside. Women, right hand inside, left hand outside.

自然呼吸, 周身放松, 气沉丹田, 降于涌泉, 松胯屈膝, 脚趾轻轻抓地, 全脚掌放松。

Breathe naturally, relax the whole body, and calm your mind. Sink your weight to your Yongquan point. Bend your knees. Keeping the center of the feet relaxed, gently grasp the ground with your toes.

在意静体松的情况下, 调节呼吸顺畅达到缓慢、深长、均匀、细、柔和。

Once you are relaxed, allow your breath to become slow, deep and soft. Do not force your breathing to change. Let your breath relax as your mind and body relax.

双掌以气海穴同高直接向外左右缓慢打开, 掌心相对。开为呼气, 合为吸气, 来回往复快慢结合呼吸多次练习。(坚持每天10分钟以上)

Allow your two hands to open outwards from your Dantien with palms facing each other. Keep your hands at the same height as your Qihai (two to three fingers width below your belly button). Exhale as your hands move apart and to your sides. When you inhale, bring your hands back in towards your center, without letting your palms touch. Your palms should remain facing each other. As your breath deepens, your arms can expand further and further. If breath is shallow, keep your palms closer together. (Practice more than 10 minutes everyday.)

抱球采气法

The Holding ball method



【1】



【2】



【3】



【4】



【5】



【6】



【7】



【8】

要求:

两脚并立，成立正姿势。

Follow these steps:

Stand with your feet together and your back straight. Feel your spine stretching upwards

两臂下垂于身体两侧，手心向内。

Let your arms hang naturally by your sides with palms facing inwards.

头自然正，唇齿微合，舌尖抵住上腭，目视前方。

Look straight ahead, mouth and lips naturally closed, with the tip of your tongue resting against the palate.

Your tongue should be towards the front of your palate but behind the teeth.

向左横开步时，重心先移右腿，提左脚开步，脚尖先着地，慢慢踏平，重心两腿之间，保持会阴穴与百会穴相对。

Pick up your left foot, keeping your ankle relaxed. Place your toes on the ground, shoulders width apart.

Gently set the rest of your foot on the ground, then shift your weight to rest evenly on both feet. Your center of gravity should be balanced on both feet. The top of your head (baihui point) should be directly above your perineum (huiyin point), forming a vertical line.

两掌交叉放在丹田处（肚脐下），男的左掌在里面右掌在外面（女的右掌在里左掌在外）。

Place your hands over your Dantien, one hand inside the other, two to three fingers width below your navel.

Men place left hand inside, right hand outside. Women, right hand inside, left hand outside.

自然呼吸，周身放松，气沉丹田，降于涌泉，松胯屈膝，脚趾轻轻抓地，全脚掌放松。

Breathe naturally, relax the whole body, and calm your mind. Sink your weight to your Yongquan point (The point in the center of your foot behind the ball). Bend your knees. Keeping the center of the feet relaxed, gently grasp the ground with your toes.

在意静体松的情况下，调节呼吸顺畅达到缓慢、深长、均匀、细、柔和。

Once you are relaxed, allow your breath to become slow, deep and soft. Do not force your breathing to change. Let your breath relax as your mind and body relax.

双掌以丹田为中心在身体的正前方抱球，掌心相对，可以前后、左右、上下、

斜向、横向、内外等多种立体螺旋方式。

Hold your hands out in front of your Dantien with palms facing each other. Imagine you are holding a balloon between your two hands. Begin to rotate your hands around the "balloon", keeping your hands palm-to-palm. Keep this direction of movement: as one hand moves up and away from your body, move the other down and towards your body. As you continue to practice, add more rotation to your circles, eventually involving your arms as well.

初始大圈而小圈或无圈过程练习，上开为呼气，下合为吸气，来回往复快慢结合呼吸多次练习。（坚持每天10分钟以上）

You can begin with small or big circles, or even around a single point. Keep this direction of movement previously mentioned. Inhale as one of your hands descends, exhale as it ascends. Choose which hand you connect with your breath. (Practice more than 10 minutes everyday.)

丹田前后采气法

The DanTian forward and backward movement method



【1】



【2】



【3】



【4】



【5】



【6】



【7】



【8】

要求:

两脚并立，成立正姿势。

Follow these steps:

Stand with your feet together and your back straight. Feel your spine stretching upwards

两臂下垂于身体两侧，手心向内。

Let your arms hang naturally by your sides with palms facing inwards.

头自然正，唇齿微合，舌尖抵住上腭，目视前方。

Look straight ahead, mouth and lips naturally closed, with the tip of your tongue resting against the palate.

Your tongue should be towards the front of your palate, just behind the teeth.

向左横开步时，重心先移右腿，提左脚开步，脚尖先着地，慢慢踏平，重心两腿之间，保持会阴穴与百会穴相对。

Pick up your left foot, keeping your ankle relaxed. Place your toes on the ground, shoulders-width apart.

Gently set the rest of your foot on the ground, then shift your weight to rest evenly on both feet. Your center of gravity should be balanced on both feet. The top of your head (baihui point) should be directly above your perineum (huiyin point), forming a vertical line.

两掌交叉放在丹田处（肚脐下），男的左掌在里面右掌在外面（女的右掌在里左掌在外）。

Place your hands over your Dantien, one hand inside the other, two to three fingers-width below your navel. Men place left hand inside, right hand outside. Women, right hand inside, left hand outside.

自然呼吸，周身放松，气沉丹田，降于涌泉，松胯屈膝，脚趾轻轻抓地，全脚掌放松。

Breathe naturally, relax the whole body, and calm your mind. Sink your weight to your Yongquan point. Bend your knees. Keeping the center of the feet relaxed, gently grasp the ground with your toes.

在意静体松的情况下，调节呼吸顺畅达到缓慢、深长、均匀、细、柔和。

Once you are relaxed, allow your breath to become slow, deep and soft. Do not force your breathing to change. Let your breath relax as your mind and body relax.

双掌贴身体的正前方从丹田往上移到膻中穴，左右掌打开往前方推出，掌心朝外，以弧形向下到胯部上方，为呼气；合并贴丹田向上膻中穴为吸气；来回往复快慢结合呼吸多次练习。（坚持每天10分钟以上）

Keeping your palms facing inwards towards your stomach, inhale your hands up to your chest (Dangzhong Point - middle of sternum). Once even with your sternum, rotate your arms down and out so that your palms are facing away from your body. As you exhale, gently extend your arms directly in front of you of you, keeping your shoulders relaxed and elbows slightly bent. Once your arms are extended, drop them down in a circular motion to return to your lower belly (Dantian). Make sure not to collapse your elbows during these movements. Repeat this movement for 10 minutes everyday, linking your movement to your breath.

丹田上下采气法

The DanTian up and down movement method



要求：

两脚并立，成立正姿势。

Follow these steps:

Stand with your feet together and your back straight. Feel your spine stretching upwards.

两臂下垂于身体两侧，手心向内。

Let your arms hang naturally by your sides with palms facing inwards.

头自然正，唇齿微合，舌尖抵住上腭，目视前方。

Look straight ahead, mouth and lips naturally closed, with the tip of your tongue resting against the palate. Your tongue should be towards the front of your palate, just behind the teeth.

向左横开步时，重心先移右腿，提左脚开步，脚尖先着地，慢慢踏平，重心两腿之间，保持会阴穴与百会穴相对。

Pick up your left foot, keeping your ankle relaxed. Place your toes on the ground, shoulders-width apart. Gently set the rest of your foot on the ground, then shift your weight to rest evenly on both feet. Your center of gravity should be balanced on both feet. The top of your head (baihui point) should be directly above your perineum (huiyin point), forming a vertical line.

两掌交叉放在丹田处（肚脐下），男的左掌在里面右掌在外面（女的右掌在里左掌在外）。

Place your hands over your Dantian, one hand inside the other, two to three fingers width below your navel. Men place left hand inside, right hand outside. Women, right hand inside, left hand outside.

自然呼吸，周身放松，气沉丹田，降于涌泉，松胯屈膝，脚趾轻轻抓地，全脚在意静体松的情况下，调节呼吸顺畅达到缓慢、深长、均匀、细、柔和。

Breathe naturally, relax the whole body, and calm your mind. Sink your weight to your Yongquan points. Bend your knees. Keeping the center of the feet relaxed, gently grasp the ground with your toes.

Once you are relaxed, allow your breath to become slow, deep and soft. Do not force your breathing to change. Let your breath relax as your mind and body relax.

双掌从气海穴（丹田）往上移至檀中穴，掌心贴身向内，向上缓慢移动为吸气，向下缓慢移动为呼气，来回往复快慢柔和结合呼吸多次练习。（坚持每天10分钟以上）

With your hands on your lower belly, left hand inside for men, right hand inside for women, inhale them slowly up to your sternum (Dangzong Point). As you exhale, return them to their starting position. Do not collapse your elbows. Repeat this movement. Practice for 10 minutes everyday, connecting your breathing to your movement.

左右上步抓气法

The stepping left and stepping right method



【1】



【2】



【3】



【4】



【5】



【6】



【7】



【8】



【9】

要求：

两脚并立，成立正姿势。

Follow these steps:

Stand with your feet together and your back straight. Feel your spine stretching upwards.

两臂下垂于身体两侧，手心向内。

Let your arms hang naturally by your sides with palms facing inwards.

头自然正，唇齿微合，舌尖抵住上腭，目视前方。

Look straight ahead, mouth and lips naturally closed, with the tip of your tongue resting against the palate. Your tongue should be towards the front of your palate but behind the teeth.

向左横开步时，重心先移右腿，提左脚开步，脚尖先着地，慢慢踏平，重心两腿之间，保持会阴穴与百会穴相对。

Pick up your left foot, keeping your ankle relaxed. Place your toes on the ground, shoulders-width apart. Gently set the rest of your foot on the ground, then shift your weight to rest evenly on both feet. Your center of gravity should be balanced on both feet. The top of your head (baihui point) should be directly above your perineum (huiyin point), forming a vertical line.

两掌交叉放在丹田处（肚脐下），男的左掌在里面右掌在外面（女的右掌在里左掌在外）。

Place your hands over your Dantien, one hand inside the other, two to three fingers width below your navel. Men place left hand inside, right hand outside. Women, right hand inside, left hand outside.

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Breathe naturally, relax the whole body, and calm your mind. Sink your weight to your Yongquan points (The point in the center of your foot behind the ball). Bend your knees. Keeping the center of the feet relaxed, gently grasp the ground with your toes.

在意静体松的情况下，调节呼吸顺畅达到缓慢、深长、均匀、细、柔和。

Once you are relaxed, allow your breath to become slow, deep and soft. Do not force your breathing to change. Let your breath relax as your mind and body relax.

左（右）脚向左上方45度上步，重心在右腿。双掌从气海穴（丹田）往前打开，掌心向前方，左右掌打开向前方推出后，为呼气；以弧形向下捋回气海穴（丹田）合并为吸气；可左右来回往复快慢柔和结合呼吸多次练习。（坚持每天10分钟以上）

Practice this on both sides. Turn right toes out to a 45° angle. Step your left foot forward and out at 45° angle, so that your left toes are in line with your right toes. Move the weight onto your left foot. Toes should be pointed slightly outward.

Turn slowly to the left, raising your hands out in front of you with palms facing outwards, as if “pushing” forwards. As you shift weight onto the right foot, begin to draw your hands in towards your lower belly (Dantian), forming soft fists with your hands. Your middle finger should rest on the center of your palm (Laogong point). Fists should be inwards as they come to rest on your Dantian. Sink and relax your hips. Turn to your left, raising your arms to “push” forward as you shift weight onto your left foot once more. Your exhales should be linked to the outward movement of the hands, your inhales to the inward movement in order to “catch” the Qi with your fists and Dantian. Repeat these movements. Practice for 10 minutes everyday. Split your time evenly between right and left foot forward.

以上7种采（抓）气法重点要领

The key points to the above seven Qi collection (gathering) method

采（抓）气法，注重呼气。它既有利于呼净肺部的浊气，吸进新鲜空气，又有利于导引真气下行。

During the practice, focus on your exhale. This will help get rid of turbid or “bad” air, and prevent it from settling in the chest. Additionally, it helps guide the qi essence to flow downwards.

气在胸中都是浊气，气沉丹田就是清气，

When Qi remains in the lungs it becomes turbid or “bad”. Exhaling it down to the Dantian helps to clean the qi and keep it clear. Make sure not to “hold” breathing in the chest. This “cuts” the body in half, separating into upper body and lower body. Allowing the qi to naturally follow the exhale down to the Dantian helps connect the body.

在练时使浊气下降，降于涌泉；清气升至百会穴。

In practice, turbid qi naturally descends down the front of the body to the Dantian point; clear Qi naturally rises up the back and spine to Baihui acupoint (top of the head).

经过呼气可以使真气顺任脉下行，气聚丹田。生精化气，有益于打通前后三关（尾宫关、夹脊关、玉枕关），舒通经络，通任督二脉。

When exhaling, Qi flows down the Ren meridian Channel (this runs from the tip of the tongue down along the body's center line, wrapping under the pelvis to connect with the perineum or Hui Yin). Qi is stored in the Dantian (lower belly), where it becomes essential, or vital energy. This energy helps to unblock the three passes on the back of the body. The first, the Weigong pass, is located at the base of the spine on the tip of the coccyx. The second, The Jiaji pass, is located between the shoulder blades, and the third, the Yuzhen pass, is located at the base of the skull where the spine connects to the head (the cranials).

这种丹田内功采（抓）气法与整体运动(太极拳)结合起来，而增强其机能，促进消化系统的吸收功能，新陈代谢的效果；增强性功能，增强内分泌，产生性激素，从而达到健美、健脑、嫩肤、祛病延年健康长寿的境界。

This kind of Dantian Qi Gong for gathering Qi method can be combined with the whole body movement of Tai Chi to strengthen the function of the body, improve digestion and metabolism. Additionally, it can enhance sexual function, help balance the endocrine system and improve the production of sex hormones. This will help the body to become strong, flexible and dexterous; it will improve brain function, the rejuvenation of the skin, aid in disease prevention and lead to greater longevity.

丹田内功（转）法

The DanTian internal power transfer method



【1】



【2】

丹田，一般都指脐内向里斜下一寸三分(又称一寸半)处。即小腹之内，骨盆之中，膀胱之后，骶椎之前，气功家称此处为储藏真气的“夹室”。

The Dantian generally refers to the point 1 - 3 inches down from the navel, in the lower abdomen, rested in the middle of the pelvis between the hips, behind the bladder and in front of the sacrum. Qi Gong experts call it the “internal room” where the Qi's essential is stored.

要求：

两脚并立，成立正姿势。

Follow these steps:

Stand with your feet together and your back straight. Feel your spine stretching upwards.

两臂下垂于身体两侧，手心向内。

Let your arms hang naturally by your sides with palms facing inwards.

头自然正，唇齿微合，舌尖抵住上腭，目视前方。

Look straight ahead, mouth and lips naturally closed, with the tip of your tongue resting against the palate. Your tongue should be towards the front of your palate, just behind the teeth.

向左横开步时，重心先移右腿，提左脚开步，脚尖先着地，慢慢踏平，重心两腿之间，保持会阴穴、百会穴、涌泉穴对应点垂直。

Pick up your left foot, keeping your ankle relaxed. Place your toes on the ground, shoulders-width apart. Gently set the rest of your foot on the ground, then shift your weight to rest evenly on both feet. Your center of gravity should be balanced on both feet. The top of your head (baihui point) should be directly above your perineum (huiyin point), forming a vertical line.

两掌交叉放在丹田处（肚脐下），男的左掌在里面右掌在外面（女的右掌在里左掌在外面）。

Place your hands over your Dantian, one hand inside the other, two to three fingers-width below your navel. Men place left hand inside, right hand outside. Women, right hand inside, left hand outside.

自然呼吸，周身放松，气沉丹田，降于涌泉，松胯屈膝，脚趾轻轻抓地，全脚掌放松。在意静体松的情况下，调节呼吸顺畅达到缓慢、深长、均匀、细、柔和。

Breathe naturally, relax the whole body, and calm your mind. Sink your weight to your Yongquan points. Bend your knees. Keeping the center of the feet relaxed, gently grasp the ground with your toes.

两掌以丹田为中心（男左掌内右掌外）顺时针从小圈到大圈转36圈，（男右掌内左掌外）逆时针从大圈到小圈转24圈；（女右掌内左掌外）逆时针从小圈到大圈转36圈，（女左掌内右掌外）顺时针从大圈到小圈转24圈；来回往复快慢多次练习。（坚持每天10分钟以上）

Place both palms on the Dantian (men with left hand under right, women with right hand under left). Make 36 clockwise circles followed by 24 counter-clockwise circles. Start by making small circles with the hands moving in a clockwise motion. Your hands should move up as you breathe in, and down as you breathe out. Allow the circles to gradually grow larger, spiralling out until the whole of the torso is included in the circle. After the 36 revolutions have been completed, change the direction of the circles to counter-clockwise, slowly reducing the size of the circles to complete the 24 rotations, finally letting your hands come to rest on your lower Dantian. Practice until the cycles have been completed. Match your breathing to the movements of your hands. If completed quickly, you may repeat this exercise. Practice for 10 minutes everyday.

重点要领

key point

意注丹田，气沉丹田，丹田真气充盈，是发动丹田内转的基础。

When your mind is focused on the Dantian, it allows your Qi to naturally sink down. Qi is then stored in the Dantian. When enough Qi is present, the Qi in the Dantian will naturally start to rotate. Without sufficient Qi, any attempts to use the mind to rotate the Dantian will not work and should be avoided.

由外及内，由内及外，内外结合，促使丹田内部转动起来；胸腰折叠与丹田内转结合。丹田内转的方式，包括前后、左右、上下、斜向、横向、内外等多种立体螺旋方式。

Using the mind, the Dantian can rotate in many different ways, spinning left or right, up or down, or diagonally. This internal rotation of the Dantian is linked to the external movement of the body, specifically to the "folding" power of the joints. ("Folding" refers to the joint's ability to open and close. It should be easy and soft and should result from relaxing the joints rather than forcing them open or closed). When our joints are stiff, the Dantian cannot move easily. When our joints are flexible, the Dantian can move more easily. Our external flexibility determines our internal flexibility.

以提肛、松胯和两臀翻沉为特征的骨盆动作。拳论强调“裆走下弧”、“提肛、松胯”、“吸气收腹，呼气突腹”，“沉左臀翻右臀、沉右臀翻左臀”。丹田内转法，是呼吸运动、腹部运动、骨盆运动三者结合的一种锻炼方式。

The hips should be relaxed, allowing for a small folding of the hip joint, or crease to be formed, as weight is dropped into the feet. The coccyx will bend forward slightly, accompanied by a gentle “pulling up” of the anus. The shoulders should be relaxed and open, creating a slight rounding of the upper back. This should be accompanied by a natural hollowing of the chest, rather than puffing out the chest. Your groin should form an arc with your legs. When you inhale, contract your abdomen, pulling it towards your spine. Your Ming Men (Meridian on the spine opposite your navel) should remain soft and open. While exhaling, allow your abdomen to relax and expand.

Rotating the Dantian is a practice method that uses breathing and the movement of the pelvis and abdomen together. The body will rotate around the Dantian. When the left hip sinks, the right hip rises and vice versa. When the one shoulder drops, the other raises. If you imagine the Dantian as a ball, the movement of the joints and body around your Dantian should always remain balanced.

外呼吸与内呼吸相结合，呼吸与动作相结合。丹田内气其实就是一种丹田呼吸法，它与肺呼吸、体呼吸谐调一致，故称为内呼吸。此处是人体许多重要脏器所在之地。运动这个部位，可以使腹部和盆腔内的脏器，通过自我按摩，而增强其机能，练气生精，练精化神原则。

The Dantian also “breathes” . It can suck Qi into its center, or relax and expand Qi out to the rest of the body. Link your inhalation to the “sucking in” of your Dantian, your exhalation with the relaxation and spreading out of your Qi to the rest of your body. This is called “Internal Respiration” . This internal respiration should form a harmonious relationship with your external, or regular, respiration. Since the Dantian is located in the abdomen alongside many vital organs, the rotation and respiration of the Dantian will aid the functioning of these organs. The “Internal Respiration” of the Dantian acts as a massage for your internal organs. The more you practice, the stronger your Qi becomes, it turns to life and kidney (water) energy. This energy can eventually be transformed into spiritual (Shen) energy.

可以增强消化系统的吸收功能，增强性功能，增强内分泌，产生性激素；使女性生精血，男性生精气，从而达到健美、健脑、嫩肤。这种丹田内功与整体运动(太极拳)结合起来，就可以达到祛病延年健康长寿的境域。

This practice can help the digestive system absorb nourishment, improve sexual function, improve the working of the endocrine system and the production of sex hormones. For women this practice can also help to revitalise the blood during the menstrual cycle. For men this practice will improve the energy of their kidneys and their spiritual energy. These practices help to maintain good physical fitness, allow you to become more beautiful, slow the aging process and help to cultivate a clear and peaceful mind. When combined with the whole body movement practice of Tai Chi, Dantian Internal Qigong can help its practitioners to dispel disease, improve health and prolong life.

太极拳 5 种桩功练习方法

5 kinds of Tai Chi meditation practice

1

太极无极桩功
Wuji meditation

2

太极混元桩功
Tai Chi hunyuan meditation

3

太极单腿桩功
Tai Chi one leg standing meditation

4

太极静坐桩功
Tai Chi sitting meditation

5

太极静睡桩功
Tai Chi Lying Down Meditation

太极无极桩功

Wuji Meditation

①姿势：自然站立，两脚距离同肩宽，两臂自然松垂于身体正前方抱圆，两手心朝内，十指尖自然相对；松肩沉肘，松胯弯膝，头正项竖，两目平视前方。呼吸自然，周身放松，忌用拙力。

Stand naturally with your feet shoulders-width apart; stretch both arms loosely forwards forming a circle with your palms facing inwards and fingers naturally relaxed; Drop the shoulders and sink the elbows, Relax and soften the hip joint, keeping the knees bent; keep the head leading up from the Baihui, your eyes looking straight ahead with a soft and relaxed gaze. Breathe naturally. Relax your body. Do not force any movements.

②要点：顶劲虚虚领起，舌贴上腭，脊柱竖直，腰部放松下塌，尾闾微向下、向前收敛，命门自然松开。

Keys points to remember: Keep the head leading up. Bring your tongue to rest on your upper palate. Keep the spine straight. Relax the waist. Bring your coccyx gently forward to help relax and open the lower back (Mingmen point).

胸廓松空微含，虚心实腹，意沉丹田；

Relax your chest, allowing it to sink naturally inwards. Empty your mind. With an empty chest, allow your belly to feel full with Qi. Focus your attention on your Dantian.

两胯松开微微下坐，会阴内收自然圆裆，

Relax your hips and sink your weight slightly. Relax your perineum to form an arch in your crotch.

两膝微屈，两脚重心沉稳踏实，两腿节节放松下沉，脚趾自然抓地；两肩松开下沉，两肘松开下坠，两手手腕舒指，气自然到指梢。

With your knees slightly bent, balance your center of gravity between your two feet. Relax your legs and sink gradually, allowing your bone structure to hold you up. The toes gently grasp the ground. Let your shoulders relax and drop. Your elbows should have a naturally bend. Relax your arms, hands, wrists and fingers so that Qi can flow easily.

其中，应有意识地做到两肩和两胯、两肘和两膝、两手和两脚上下相合，内外相连，意、气、神、形融为一体，则周身自然内外六合。

如此站立5~15分钟，在意念、心静、神宁、平和、体舒、形顺、气缓深长之中渐呈一片无物无我、无形无象、四肢百骸感到荡然无存，即进入无极虚领之境，以静待动。因为此时你的内心是处在一种完全无外物的状态下，达到体感、体觉、体明、体悟轻巧轻盈飘逸的感觉，也就是太极拳中所得：无极。

Consciously coordinate your shoulders with your hips, your elbows with your knees, and your hands with your feet. Bring your outer body into harmony with your inner body. Mind, body, Qi and spirit will all melt into oneness.

无极桩功能使习练者可有效地调节大脑神经系统，增强大脑皮质的健全和放松；促进消化系统新陈代谢，同时还使人反应灵敏；还能培养元气，放松身体，稳固平衡身体重心，端正身体姿势，增强腿部力量。

Wuji Meditation can help practitioners in the regulation of the cerebral nervous system and relaxing and healing of the cerebral cortex. Additionally, it promotes the metabolism of the digestive system and speeds up the restoring and recovering of blood and Qi. Furthermore, Wuji meditation relieves practitioners from tight muscles through an upright posture, allowing their bones to support them, and can help develop a strong center of gravity by improving the strength of ones' limbs.



太极混元桩功

Tai Chi hunyuan meditation

①姿势：自然站立，两脚距离同肩宽，两臂自然松垂于身体正前方抱圆，两手心朝内，十指尖自然相对；松肩沉肘，松胯弯膝，头正项竖，两目平视前方。呼吸自然，周身放松，忌用拙力。

Stand naturally with your feet shoulders-width apart; stretch both arms loosely forwards forming a circle with your palms facing inwards and fingers naturally relaxed; Drop the shoulders and sink the elbows, Relax and soften the hip joint, keeping the knees bent; keep the head leading up from the Baihui, your eyes looking straight ahead with a soft and relaxed gaze. Breathe naturally. Relax your body. Do not force any movements. ..

②要点：顶劲虚虚领起，舌贴上腭，脊柱竖直，腰部放松下塌，尾闾微向下、向前收敛，丹田向前向下打开，命门穴自然向后向下松开，

Key points to remember: Keep the head leading up. Bring your tongue to rest on your upper palate. Keep the spine straight. Relax the waist. Bring your coccyx gently forward to help relax and open the lower back (Mingmen point).

以丹田和命门相反方向松开，保持会阴穴与百会穴相对。

When practicing, Dantian(lower belly)and Mingmen(in the back opposite the navel)expand in opposite directions, Dantian forwards and Mingmen backwards. Baihui and Huiyin are positioned in a straight line so they can work together, balancing the Yang energy of the Baihui with the Yin energy of the Huiyin and assisting in the flow of Qi.

胸廓松空微含，虚心实腹，意沉丹田；两胯松开微微下坐，会阴内收自然圆裆

Relax your chest, allowing it to sink naturally inwards. Empty your mind. With an empty chest, allow your belly to feel full with Qi. Focus your attention on your Dantian point. Relax your hips and sink your weight slightly. Relax your perineum to form an arch in your crotch.

两膝微屈，两脚沉稳踩实，两腿节节放松下沉，脚趾自然抓地，保持脚掌涌泉穴松弛；两肩松开下沉，两肘松开下坠，两手松腕舒指，气自然到指梢。

With your knees slightly bent, balance your center of gravity between your two feet. Relax your legs and sink gradually, allowing your bone structure to hold you up. The toes gently grasp the ground. Let your shoulders relax and drop. Your elbows should have a naturally bend. Relax your arms, hands, wrists and fingers so that Qi can flow easily.

其中，应有意识地做到两肩和两胯、两肘和两膝、两手和两脚上下相合相对，心与意合、气与力合、筋与骨合、内外动静相连，意、气、形、神融为一体，则周身自然内外六合。

When practicing, one should be purposely aware that shoulders and hips, elbows and knees, hands and feet are respectively coordinated and move harmoniously. One should also feel that heart and mind are quiet, and Qi leads your movements. Your tendons coordinate with, and are responsible for, the movement of your bones. Your internal movement of energy is harmoniously connected with your external movements.

太极混元桩又名太极浑圆桩，是指在无极桩站立的基础上，腹部内气较前段时期充盈饱满，配合束肋合腹，小腹的关元、中极二穴共同内敛纳气，冲震命门穴。

The primordial meditation posture is based on Wuji Meditation, but is practiced for a longer period of time. This requires greater Qi to be cultivated and stored within the Dantian.



与此同时，利用肩部和肘部的松垂动作，催动两臂自下而上画弧缓缓抬起，高与胸平。

Similar to Wuji Meditation, your arms should form a circle at the height of your chest. Your shoulders should be relaxed, elbows slightly bent, arms, wrists and fingers relaxed and soft.

由于双肩松脱、内卷里合，锁骨下沉相合，心气与横膈膜向小腹中极穴沉降，以帮助内部气息团聚，向命门穴冲震，使两臂内侧(阴经)微微内缠向身体外侧撑住劲，构成内撑外拥、内圆外方、负阴抱阳的太极状态。

Keeping your chest relaxed and naturally closed, soften your collarbones and shoulders. As your breath out, your diaphragm will sink down allowing your Qi to push outwards flow to your ZhongJi (the acupoint just above the pubic bone in line with your navel). This is where internal energy is gathered and stored. As it is collected, the Mingmen on the back of your body will begin to vibrate as the energy descends down from the ZhongJi and loops under your crotch, passing through your perineum before rising up your spine.

两手指松直向内，十指尖左右相对相照，指甲缝的气感含互相渗透和相吸相合之意，吐纳气与印堂穴(上丹田)、膻中穴(中丹田)、中极穴(下丹田)及三心(头心百会穴、手心劳宫穴、足心涌泉穴)的吐纳气一致，并将气纳入中脉(上通百合穴，下达会阴穴一线串之任督二脉)之轨道(小周天)。呼气时使气由内达外，劲贯梢节，气贯指(趾)肚；吸气时同时提肛，丹田内收，两胯两腿两脚内缠，这样气结中宫，循环无端。

Each of your ten fingers should be relaxed and the fingertips should be facing towards the fingertips of the opposite hand. Imagine an energetic connection between the opposing fingers of each hand. Use your breath to link the "Three Dantians" ;the upper Dantian(Yin Tang point),located in the middle of the forehead or "third eye" , the middle Dantian (Shan Zhong point),located in the middle of the chest, and the lower Dantian(Zhong Ji point),in the lower belly. Use your breath to send Qi through your Microcosmic orbit. The Microcosmic orbit is the energy chanel that runs along the back of your body from your Perineum up to your Baihui before returning to your perineum along the front of your body to form a complete circle. When inhaling, slightly rotate your legs inwards, pick up your anus and make your Dantian small, expanding your Mingmen at the same time. This will help to move energy from your perineum up your spine to your Baihui. As you exhale you complete the orbit as energy descends down the front of your body and expands. As you exhale, internal energy moves outwards into the muscles, tendons, skin and veins of your hands.

久而久之，体内会出现一种轻灵景象，气机运聚之意象，皆由心发，以任督二脉运转，上下不停。如能将此意象融会于拳架之中，与动作、劲路结合起来，身体内外就会化生出一种浑厚灵敏、韧性极佳、弹性极强的混元内气布满周身。

As you practice longer, the internal body becomes more soft, comfortable, agile and light. Your mind will be able to control your Qi. Your heart will be able to move your blood more easily. As your mind calms, your heart will become more peaceful and efficient. Qi and blood are linked together. The stronger your Qi, the better your blood circulation will be. The meridians running up the back of your body and down the front will form a complete circle, continuously circulating energy without stopping, eventually it will move without any help from your breathing. If you can use the mind and join it with Tai chi movements, uniting internal energy and the tai chi movements, your body will feel the uniting of the internal and external will make strong, flexible, and agile energy. This is called Hunyuan meditation, using Qi to move the whole body.

人体的气血流动要通过合理的锻炼、调整，放松达到气血流行最佳状态。太极拳理是以意行气、以气运身，达到意到气到、气到力自然到的内家修炼法则。练意不练气，练气不练力，练力则断，练气则滞，练意则通，贵在精神。练拳



讲手、眼、身法、步，精神意念足。所以说练拳是行气，而不是运气或憋气，是意气运动而不是力气运动。

Through proper practice, posture and relaxation, the circulatory of the blood and Qi can reach its optimal state. Tai chi theory maintains that mind guides Qi. Qi subsequently leads the movements of the body. When the mind is set in motion, Qi starts to move. Your strength comes from the simultaneous movement of mind and Qi. As the concentration of your mind improves, your Qi's ability to move and work in the body will also be improved. This movement of internal energy, or Qi, results in true strength and dexterity. If you only practice force using the strength of your muscles, you will become rigid and unsustainable. Alternatively, concentrating too much on the exertion of Qi can make it stagnant. Only the soft focus of the mind allows for consistency and fluency. Therefore, the key lies in the intention or mind. Tai chi practice lays a great deal of importance on hands, eyes, standing posture, steps and the concentration of mind. To a large extent, practicing Tai chi involves moving the internal energy or Qi rather than restricting their movements. More precisely, it is the movement of Qi being guided by the mind which moves the body, rather than using brute force to create movement.

刚开始时5-10分钟,慢慢适应站至30分钟或60分钟。

收式：两掌放下轻轻交叠抱贴在肚脐部位,男左女右，静养1至3分钟，收式做8次阴阳采气法。向上吸气向下呼气为一次，收式后两手搓热,轻轻搓面部、后脑勺及命门穴肾部发热为好。

One can begin to practice in shorter time periods such 5-10 minutes. As one becomes more familiar and comfortable with the practices, one can increase the practice time to half an hour or one hour.

To close the practice: place both hands so that they are overlapping on your navel. For men, place left hand inside, for women, place right hand inside. Remain in quietude for 3-5 minutes. Repeat the yin yang collection of Qi for 8 times, raising arms outwards in a large circle ending above your head before bringing both hands down along your midline to your lower belly. One full cycle involves inhaling with the upward movement of your arms, and exhaling on the way down. After 8 cycles are finished, rub your hands together until they are warm. Then massage your face, the back side of head and Mingmen where your kidneys are. It is best to massage these areas until they are warm.

太极单腿桩功

Tai Chi one leg standing meditation



①姿势：Posture

自然单脚（左、右）站立，两臂自然松垂于身体正前方抱圆，两手心朝内，十指尖自然相对；松肩沉肘，松胯弯膝，头正项松，两目平视前方。呼吸自然，周身放松、忌用拙力。

To start with, stand on one leg, either the right or the left. Two hands rise in front to form a circle as if holding a ball. Arms should be naturally relaxed. Palms facing inwards towards the body, fingers close, but not touching. Drop the shoulders and sink the elbows; relax the hips and keep the knees bent; keep your head upright and relax the back of the neck; keep a level gaze and breathe naturally. Relax the whole body, do not overexert yourself to maintain the posture.

②要点：顶劲虚虚领起，舌贴上腭，脊柱竖直，腰部放松下塌，尾闾微向下、向前收敛，命门自然松开。

Important Points: Keep the head upright; the tongue should come to rest on the upper palate. The spine should be straight and upright. Relax your waist and tilt the pelvis forward. Drop the coccyx, tucking it forward slightly. Let the Dantian open and expand, relaxing downwards. Let the Mingmen open naturally.

胸廓松空微含，虚心实腹，意守丹田；两胯松开微微下坐，会阴内收自然。

The chest should be relaxed and tucked in slightly. Keep your mind empty, allowing your Qi and energy to sink down and fill your Dantian. Relax your hips and sink. Perineum naturally relaxes to keep your crotch arched.

单膝微屈，单脚（左右）沉稳踏实，单腿（左右）节节放松下沉，脚趾自然抓地；

Bend the supporting leg and balance the weight on the ball of the foot to stand firm. Slowly sink your weight down while staying relaxed. Grab the ground with your toes in case you lose your balance.

两肩松开下沉，两肘松开下坠，两手手腕舒指，气自然到指梢。应有意识地做到两肩和两胯上下相合，内外相连，意、气、形、神融为一体。

Keep your shoulders dropped and relaxed, allow your elbows to sink in a relaxed way. Wrists and fingers are stretched out naturally, which enables

Qi to flow through the fingertips. Pay attention to your hips and shoulders, stalking your shoulders over your hips. Mind, breathing, Qi and Spirit should be linked together forming a complete unity.

刚开始时1-5分钟,慢慢适应站至10分钟。

For beginners, they should practice it for 1-5 minutes. As they are more accustomed and familiar with the posture, they can extend practice to 10 minutes or longer.

收式：两掌放下轻轻交叠抱贴在肚脐部位,男左女右，静养1至3分钟，收式做8次阴阳采气法。向上吸气向下呼气为一次，收式后两手搓热,轻轻搓面部、后脑勺及命门穴发热为好。

To close: two hands are placed overlapping on your naval area, left-hand inside for men, right-hand inside for women. Remain here with a quiet mind for 3-5 minutes. Afterwards inhale your arms upwards and outwards forming a circle, joining your hands above your head. Then exhale your hands down the front of your body, returning them to their starting position. This is one cycle. Repeat this Yin Yang Qi collection 8 times. After you have finished the 8 cycles, rub your palms together until they are warm. Then massage your face, the back side of head and Mingmen where your kidneys are. It is best if you massage these points until they are warm as well.

太极静坐桩功

Tai Chi sitting meditation

姿势：自然坐立，正身端直，或单盘，或双盘，或通常坐法，均无不可。

Sit naturally with body and spine straight and leading upwards. You may cross your legs or sit in a chair, whatever is most comfortable for you.

保持虚领顶劲，沉肩含胸，周身松开，舌顶上腭，唇齿相合，双目微闭，双手以左掌之背贴于右掌心上，贴近小腹之

前，轻放于腿上，然后心相既定，宽放脐腹。意识集中，意守丹田。

Keep the head upright as if it is suspended by a string from above; your shoulder sinks with the chest curving naturally inwards, relax all your muscles. Touch your tongue to the roof of your mouth or palate, gently close your lips and teeth. Close your eyes naturally. Place the back of your left hand in the palm of your right hand, close to your abdomen. If it is more comfortable you may also put your hands on your legs, palms up or down. Allow your mind to relax and become quiet. Relax your abdomen. Bring your attention to your lower Dantian.

初学应记住不可行气，只以鼻作呼吸，求其自然为主。因为行气必须到相当程度才能练习，否则易生弊端。如意气上行，有脑充血，或神经错乱之患。意气下沉，对肠胃自然消化吸收有一定影响。

For beginners, breath naturally. It is not necessary to focus on guiding Qi as it will only create strain on the mind. Wait until you have reached a higher level meditation before you begin to guide the Qi, otherwise it can cause various health problems. For instance, as Qi goes upward, it can fill the head with too much Qi and cause you to become dizzy as well as cause the blood flow to the brain to become stagnant. As it sinks down, it can result in gastrointestinal problems as well as problems with digestion.

静坐可于晨起和临睡前各行一次，午后可加行一次，不拘长短，一刻、半小时或一小时都可，坐到佳境时，周身内外，异常舒适，口中舌下并有唾液涌出，咽之甚甜，阴阳转换乾坤（任督二脉）交汞。

Sitting meditation is supposed to be practiced in the morning right when you get up, and in the evening before going to sleep. If you are able, practice in the middle of the day as well. Practice time is flexible, lasting for any where from 15 minutes to one hour. When you are totally engaged and relaxed, you will feel an extraordinary joy. Excess saliva can be secreted under your tongue which can have the taste of sweet dew. When you reach this point, it indicates that you have broken through the Qi Channels The Ren and Du channels have been connected meaning that the Yin and Yang energies are flowing in a coordinated manner. 太极静坐对调节呼吸的深长、慢、匀、缓，达到对人体内脏循环按摩。增强机能、加速新陈代谢，促进丹田内气的饱满。则内部必须静中求动，并非只静不动，这与太极拳的动中求静是一样的，太极拳练到相当程度后，内部静中亦须求动，太极拳呼吸的升降、开合，全为先天之气和后天之气的结合作用。

Sitting meditation helps to improve your breathing, such as the duration, speed, depth, and frequency of the breath, as well as your ability to regulate your breathing. This in turn serves as a massage for the body's organs, accelerating the metabolism and enhancing the health of the body and its function. Additionally, it promotes the movement of Qi so that your Dantian can be full of Qi. During the internal practice, there is always motion within silence, and there is silence in motion. This also applies to your Tai Chi practice; your body is moving but your mind is quiet, your body is soft even though it is moving. When your Tai Chi level is becomes advanced, you will begin to experience inner dynamism within the silence. As it pertains to the breathing in Tai Chi, your inbreath and outbreath link with the movement of Qi, forming a cooperative whole between your primal Qi and the Qi you receive from nutrition.

静在太极里面是养，能静坐则心平气和，身正体直，思绪清静，心静之法，在于涵养。依照练习太极拳的要旨，就可免于弊端。

Keeping your mind and body quiet helps to nourish your energy. When you can sit in quietude, you will cultivate inner peace and your breathing will become smooth. Your body will naturally become straight and lead upwards, and your mind will become undisturbed and clear. This is an essential way to manage your emotions and life attitudes. When you are able to practice Tai Chi in this state of quietude you will have gained the highest principle, benefiting greatly and avoiding harm.



太极静睡功

Tai Chi Lying Down Meditation

太极静睡功是太极内功之一，简单易学易练。要求平躺在软垫或在床上，头部不要过低过高以身体平行舒适为益。

Tai Chi lying down meditation is one of the internal martial arts, which is easy to learn and practice. It requires practitioners to simply lie on their bed or mat in a comfortable pose, where the head is kept on an even level with the body, not too low or high.

练习要求：闭目、唇齿微合，两手放置两腿侧面于贴垫或床上。

Requirements: close your eyes, slightly close your lips. Lay your hands alongside your legs.

周身放松，身体形成一条直线，脖子平行不易过高或过低。

Relax your body and lie in a straight line. Neck is naturally placed, neither too high nor too low.

初学应记住不可行气，只以鼻作呼吸，求其自然为主。

For beginners, remember not to lead the internal Qi for any purpose, just breathe through your nose and Qi will flow naturally.

因为行气必须到相当程度才能练习，否则易生弊端。意气上行，有脑充血，头晕或神经错乱之患。

It is only when one reaches a certain level that they can begin to guide the flow of Qi. Otherwise it will cause harm to your health. Flow of Qi may go straight upwards, filling the head, causing dizziness or mental disorders.

意气下走，对肠胃容易上吐下泄。

It may go downwards, resulting in gastrointestinal discomfort or even vomiting and diarrhea.

到功深之后，呼吸匀长，静中寓动，虽动犹静，静以养脑力，动以养活气血，内外兼顾，身心互修。内气自然流转、促进动作和谐统一，可以疏通经络，和畅气血，以至肾气充盈，丹田饱满。对练心、意、松、息、气、精、神最好的办法，由浅入深，逐阶进修，促进睡眠和自我按摩濡养五脏六腑，很多疾病自然就不会来了。

When your Tai Chi reaches a high level, your breathing becomes deep and regular. There seems to be motion in quietude and, when you are moving, there seems to be quietude while in motion. With quietude you can improve your intelligence, while with movements, you can enhance the circulation of blood and Qi. With quietude and motion, you can practice both internally or externally, causing improvements both physically and mentally. When the internal energy or Qi is unblocked, your movements will result in consistency and harmony, clearing the channels of blood and Qi, as well as accelerating and coordinating the work between blood and Qi. At this level, the kidneys will be filled with Qi and the Dantian will begin to feel as if it is bulging. This is the best way to nourish your body, involving the relaxation of your head, your mind, your breathing and your mental state. It is a gradual progress from level to level, from each stage subsequent higher ones. The practice will improve your sleep and serve as a massage to nourish your bodily organs, helping to prevent illness.



Yongquan point



Laogong point

太极动作桩功

Tai Chi meditation posture

1

懒扎衣

Lazily tying one's Coat

2

单鞭

Single Whip

3

斜行

Diagonal Posture

4

中盘

Central Plate

懒扎衣

Lazily tying one's Coat

① 双手分开，右手先向上、而后向下划弧、左手先向下、而后向上划弧、双手划至胸前交叉、左手在里、右手在外（双手皆大逆缠转开、重心偏右顺缠而合、重心偏左、目视右前方）

Start in standing posture, feet shoulder-width apart. Hands start out crossed in front of your sternum. Move your right hand to the left and upwards in a counterclockwise direction, left hand moves to the right and downwards in a counterclockwise direction as well. As your hands move, rotate from your shoulders so that your hands face away from your body. As they reconnect in front of your sternum, right hand should have upwards, left hand gently resting on your right forearm.

② 左腿微下蹲、同时提起右足、以足跟贴地向右横迈一步，（身手自然配合）目视右前方。

Bend your left leg slightly, meanwhile raise your right foot and slide it out to the right with your heel. Keep your hands crossed and your gaze level, bringing your eyes to the right side.

③ 身体向右转、重心由左腿移向右腿、随转体右脚踏实。左脚以脚跟为轴、脚尖里扣、左手内旋向下顺缠至左肋旁、五指叉腰、大指在后，四指在前、肘往下沉、右手向左逆缠置于身右侧、掌心朝右前方、指尖斜向上、目视右前方。Turn slightly to the left before turning right, shifting the weight from left to right foot. When you are making the turn, keep your right leg steady, don't let the knee swing out in response to your turn. As you turn to your left, toes on your left foot turns inwards, rotating on the heel of the left foot. Left hand moves right and downwards along the front of your torso, before gliding along your waist, finally coming to rest on your left hip, fingers in front, thumb on your rear. Right hand rotates outwards, palm facing away, settling with your arm in front of you at a 45° degree angle from your torso, elbow slightly bent, fingers facing upwards. Sink your elbow and relax. Your eyes look to the front and to the right.

要点：keys

① 右手展开指肚用力、左手叉腰虚虚拢住、不可用力、用力犯硬、运转不灵、气不到指尖。

During practice, pay attention to these principles; When you extend your right hand, don't use muscular or brute force. Feel that your strength comes from the fingertips. When holding your left hand on the waist, also don't force, using brute force will block the Qi, preventing it from flowing to the fingertips, cause inflexibility.

②在即将形成懒扎衣时弓右腿、右掌逆缠旋臂向右展开的同时、左腿用力。但膝关节与髌关节皆不可蹬直、套路中任何动作髌部都不可挺直。

At the last stage of this form, stand in right bow stance, right toes facing 45° forward and to your right, left toes facing slightly to the left, weight 60% on your right foot, 40% on your left foot, hips relaxed and sinking downwards. When your right hand turns outward to the right, your left leg sinks. Keep your shoulders straight over your hips, your hips level to the ground.

③懒扎衣定时、要调整全身呼吸、特别注意放松左髌、使盆骨端正、气沉丹田、思想集中。

When practicing LAZILY TYING ONE'S COAT posture, you should keep appropriate and relaxed breath. Pay special attention to the relaxation of the hips so as to keep the pelvis level and spine straight so that Qi can sink to the Dantian. Focus your attention on your Dantian.



单鞭

Single Whip

① 身体略右转、右掌外旋向里合顺缠、左掌外旋向前与右掌配合顺缠。

Stand naturally with feet shoulder-width apart. Raise your arms in front of you as you inhale, relax them down to your waist as you exhale. Turn your body slightly toward the right, simultaneously turning your palms to your right side, sweeping both arms up to your right at shoulder's height.

② 右手五指捏齐成勾手经左掌心内向右上方掀起、略高于肩指尖向下、左肘向左开到腹前、重心在右腿身体微下沉。

Connect your right thumb to your right middle finger, bending and relaxing your wrist (forming a hook with your hand). Raise your right wrist up a bit higher than the shoulder, palm facing downwards. With the palm facing upwards and resting at your Dantian. Turn your body to the left, weight predominantly on the right leg. Bend your right leg and sink your weight.

③左足提起以足跟内侧贴地向左横开一步、目视左侧。

Raise your left foot upwards turning your body to the right. Slide a step to the left with your inside part of your left heel touching the ground. Eyes and head look slightly to the left.

④身体略右转、重心由右腿移于左腿、右足尖里扣、随转体左手内旋向上、屈肘于胸前、指尖略向上。

Turn your body slightly toward the right and shift your weight to the left. Turn to the left. As you do so, turn the tips of your right foot inward, rotating upon the heel. Your toes should be pointed close to straight forward. Keep your left palm facing upwards at your Dantian, your right hand in a circle out in front of your right shoulder.

⑤身体左转、随转体左掌经脸前向左划弧、由顺缠变逆缠胳膊展开、掌根微微下沉、掌心朝左前方、指尖斜向上、目视左侧。

Turn slightly toward the left. Shift your weight back to your right foot. Turn slightly to the right, bringing your left palm up along your right side to about shoulder's height. Shift weight back to your left foot. Turn to your left. As you turn, rotate your left palm down and outwards so that your palm faces away from your body. Trace an arc outwards and slightly upwards, so that it's highest point rests in front of your eyebrows. Your left hand should come to rest shoulder's height extended on your left-hand side, palm facing outwards and fingers pointing upwards, elbow bent slightly and forming a gentle curve. Look toward the left.

⑥左掌根下沉时、右手微微向右、形成开劲、外开内合单鞭式、目视前方。

Relax your left wrist, letting the "heel" of your palm sink. Your right elbow should be slightly bent so that both arms form a half-circle. Arms should be extended, but keep your chest slightly closed, rounding your shoulders. Turn to look straight ahead, sinking your weight and relaxing your hips.

要点: Key Points:

①右手捏拢向上提时、肘易架起来、因此定势时要注意随着身体转正、沉肩、坠肘。

When the fingers on your right hand come together to form a circle, your elbow should remain slightly bent and relaxed, lower than both your shoulder and your wrist. As you go through the posture, you should relax your shoulders and sink your elbows with the movements.

②单鞭成式、顶劲要领起、档要开圆、髌要松、身要正、胸要虚虚含住、方能心气下降、气沉丹田。



When the posture is finished, your head should be straight upright as if it is suspended by a string from above which is attached to the top of your head. Your legs are slightly bowed; hips are relaxed; body is straight and upright. Your chest curves inward and your internal energy or Qi sinks down to your Dantian in your lower abdomen.

斜行

Diagonal Posture

① 身体略向左转、两掌一前一后、右手向左顺缠、置于右前方、手略高肩、掌心朝前、指尖斜向上、左手向左后方逆缠、掌心朝下、指尖向左前方。

Stand with feet shoulder-width apart, arms by your sides. Slowly raise your arms in front to shoulder's height, then drop them down to your waist. Turn slightly to the left, gradually picking up your arms together, forming a small circle in front of your body until they come to be extended in front of your chest at shoulder's height. Right palm is facing forwards, tilted slightly to the left. Left palm is face up, as if holding a ball. Sink your weight.

② 上动不停、身体向右转、重心移至右腿、同时提起左足、右手向下、向后逆缠至右髋侧、掌心朝下、指尖向右前方、左手向上、向前先逆缠后顺缠、置于左胸前略高于肩、掌心朝右、指尖斜向上、目视左前方。

Turn to the right, shifting weight onto the ball of the right foot. Pick up your left foot, thigh parallel to the ground, ankle and lower leg relaxed.

③ 身体微下蹲、左足以足跟贴地向左斜方约45°铲出、左手不动、右臂后展自然配合。上动不停、身体向左转、重心由右腿向前移至左腿、随转体左掌向下向左划弧于体侧变勾手上提、右掌向上划弧、屈肘于耳侧、目视左前方。

Step out and backwards with your left foot at a 45° angle using the inside of your left heel. Your feet should be pointing almost the same direction, left toes turned slightly outwards. Turn slightly to the right, dropping down your right hand to your right side. Continue its movement outwards and upwards in a circle until your palm comes to rest close to your right ear. Simultaneously drop your left down in an arc brushing past your right pectoral muscle before coming to rest in front of your pubic bone, palms facing downwards, fingers facing to the right. Shift weight onto your left foot.

④ 上动不停、右手向前、向右划弧于身体右侧、臂外旋、坐腕立掌、手心斜朝外、指尖斜向上、然后松肩、垂肘、沉髋、左手自然配合、目视前方。

Continue turning your torso to the left with your weight on your left leg. Right hand rotates down and out so that the palm is facing in front of you. Left hand brushes your left knee. Right toes turn inwards slightly as left toes turn slightly outwards. Turn back slightly to the right, your right arm opening in an arch as your left hand ascends. Both arms together should form a half circle. Keep your shoulders relaxed and sink your elbows. The thumb and middle finger of your left hand should close gently, forming a circle with your hand, wrist relaxed and palm facing downwards. Right palm should be facing outwards with fingers facing up. Relax your left hip to turn back to the left. Settle your weight and sink your hips. Your eyes look forward.

要点: requirements:

①右手向右划弧时、以腰带动肩、肘、手,但幅度较小、同时左手不要跟着向右转。

When your right hand rotates in an arc to the right, your waist serves as the axis to support the movement



of your shoulders, elbows and hands. While this rotation of the torso and right arm is taking place, keep the left arm off to the left side.

②此式主要技击含意是用左背拆靠，所以身体向左转的幅度也较大、必须将两髋松开、并右腿肚向上棚、但膝盖勿挺直。

In terms of self-defense, this posture places its main emphasis on your left shoulder and its turning power. Therefore, your body turns toward the left to a large extent, which is enabled by your hips relaxing. Don't collapse the right knee or straighten it completely. Keep it slightly bend to support your weight.

中盘

Central Plate

①身体自然直立、两足距离比肩略宽、两足尖微向外撇、两肩松开、两臂自然下垂、两眼向前平视。

Standing upright, two feet shoulder-width apart, feet tips turned slightly outwards. Drop your shoulders. Arms hang naturally by your sides. Keep level gaze.

②身体向右微微下沉、重心控制在右腿、并将左足提起、左足尖翘起、以脚跟内侧着地、向左侧开步、重心在右脚转到左脚，双手略向右上方棚出、与左足右足有对称之意，左手刁手半圆棚起，右手掌向上向外棚，目视身体正前方。

Shift the weight on to your right leg and sink slightly. Bring your right arm outward in a circle so that it comes to rest in front of your solar plexus, palms downwards. Left hand turns upwards, palm facing up under your right elbow. Lift your left foot to step out with the inside of your left heel. Shift your weight onto your left foot. Turn slightly to the left. The back of your left hand turns outwards and upwards, streaming up to rest at shoulder height at a 45° angle from your torso. The fingers of your left hand should collapse, following the back of your left palm like the tail of a comet. Right hand rotates down and out, coming to rest at a 45° degree angle from your torso at the height of your belly-button. Settle your weight and sink your hips, returning your body to facing straight-ahead. Look straight forward.

要点：key principals

动作协调、松肩沉肘、两手棚劲、松胯圆裆、重心在右或左腿（可以交叉两边练习）。

Coordinate your movements, Drop the shoulders and sink the elbow, two hands use ward-off energy (outward pushing energy), relax the hips keep your legs slightly bowed; the center of gravity falls on the left. Practice this posture on both sides.

此式主要技击含意是用采劲，所以身体左右转的幅度也比较灵活、必须将两肩放松、两髋松开下沉、结合裆腰松劲来发劲。

In terms of self-defense, the posture places greatest importance in its Chai Jin, or the ability to pull downwards with force. Keeping your hips flexible allows you to generate the power. It requires that your shoulders are relaxed and your hips relax and sink. When you exert any force, your waist and crotch serve as the base to support the movement.

太极拳的动作定式站桩讲求尾闾中正，含胸拔背，松肩垂肘，松胯、膝不过脚尖，重心落在全脚掌涌泉上，重点就是不使任一节的脊椎椎骨或四肢关节超负荷重力，脊椎到尾椎骨达到上下牵引前后撑开，四肢关节拉伸放松。对关节韧带慢性受伤有很好修复帮助，所以每天持续性练习动作定式站桩对身体舒展筋骨，缓和均匀平衡的运动，对于骨骼肌肉的保健有很大的功效。



Fundamental principles for practicing Chen Style Tai Chi:

One should keep the body straight and upright.

The chest curve inwards and the pelvis rotated to straighten the lower back. Drop the shoulders and sink the elbow.

Relax the hip and keep the knees bent. The center of gravity falls on the YongQuan point on the palms of the feet.

It is very essential that you drop the weight held by any single vertebrae or joint in the limbs. The vertebrae and the coccyx should be pulling in opposite directions from each other so that the whole backbone is fully stretched and relaxed. The joints and limbs should also be stretched and relaxed, creating space between the joints.

These postures done with these principles in mind are helpful to repair chronic injuries of articular ligaments. Practicing these postures and stances every day is very effective for the overall health of the bones and muscles.



Taichi and Yoga

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Meditation