



TAIJI QUAN

The 13 Basic Methods

The 13 basic methods should never be treated lightly.

The source of strength of the body and spirit is in the waist.

Pay attention to the changes between empty and solid.

Make sure that qi flows freely throughout the body.

Feel movement in stillness and seek stillness in movement.

Fill your opponent with wonder at your unpredictable responses.

Make a thorough study of the meaning and purpose of each movement.

This will make it easy to achieve the goal.

You will not understand it without expending a great deal of time and effort.

Always keep the mind centered in the waist.

When the abdomen is relaxed and at ease, the qi can rise without hindrance.

Keep the tailbone straight to let the 'spirit of vitality' rise to the top of the head.

Then the whole body is relaxed and light,

The head is upright as if suspended on a string.

Research techniques deep to their roots,

Bend-extend, open-close, all will be done with high skill.



When entering the door, you need a teacher to lead the way;
Then you have to practice unceasingly and to study on your own.

What is the principle of Taijiquan that guides its application?
The mind and qi are king, and the bones and muscles are the subjects.

Think carefully what the ultimate aim of Taijiquan is:
To prolong life and maintain youth.

Every word in this song of 140 characters is true and accurate.
No important teaching of Taijiquan is left behind.

If inquiry proceeds without regard to this, one's efforts will be wasted. You will
waste time and come to regret it.