**Taoist Terms and Principles**

**Yin 陰 - Yang 陽**

**Shen 神 (Spirit)**

**Qi / Chi 氣 (Breath / Energy)**

**Jing / Ching 精 (Essence)**

**Wu Chi** **無極 Primordial Non-being (the empty Circle of Yin/Yang)**

**Wu Wei** **無爲 (Effortless Action)**

**Wu-Hsing 五行 (Five Elements / Phases)**

**Ba kua 八卦 (The Eight Symbols)**

Tzu-jen 自然 (Natural / Self-so)

Te 德 (Virtue, von Tao Te Ching)

**Shi San Shi / shí sān shì** / **十三式:- Thirteen Techniques**

Bia Men / bā mén / 八門:- Eight Gates

**Peng / péng / 掤:- Wardoff**

**Lu / lǚ / 捋:- Rollback**

**Ji / jǐ / 擠:- Press or squeeze**

**An / àn / 按:- Push (down)**

**Cai / cǎi / 採:- Pluck**

**Lie / liè / 挒:- Split**

**Zhou / zhǒu / 肘:- Elbow**

**Kao / kào / 靠:- Lean or bump**

**Wǔ bù** / **五步**:- Five Steps

Jìn bù / 進步:- Forward step

Tùi bù / 退步:- Backward step

Zǔo gù / 左顧:- Look left

Yòu pàn / 右盼:- Gaze right

**Zhōng dìng** / **中定**:- Central equilibrium - In practical way, after each expression of a gesture there must be a return to zhōng dìng before the next movement. In the body zhōng dìng is both the root of the feet and the lower dan tien.

**Tuī shǒu / 推手:- Push hands**

**Fā jìn** / **發勁**:- Issuing force or explosive force. With the character for fā directly implying a bow, Fa Jin is a movement exploding with the same ballistic manner of an arrow being shot from a bow.

**Jìn / 勁:- strength or power**.

**Gōngfu / 功夫:-**simply means a skill or art achieved through hard work. it can also be applied to any skillful achievement.

**Li / lì / 力:-**  Like Jin it means strength or force, particularly musculature physical strength.

**Wǔshù** / **武术**:- Meaning "martial method", ‘Martial Arts’

**Yì** / 意:- ‘Intent’, it is the focus of the heart-mind, implies a higher function of the mind than rationality.

**Zhàn zhuāng** **/ 站桩**:- Post stance qigong, or standing like a tree, or embracing a tree

(Falls Du Zeit hat, auch diese, aber ist nicht mehr so dringend)

**Ten Important Points For Tai Chi Chuan**

1.Xū líng dǐng jìng / 虛靈頂勁:- Head upright to let the shen [spirit of vitality] rise to the top of the head.

2.Hán xiōng bá bèi / 含胸拔背:- Sink the chest and pluck up the back.

3.Sōng yāo / 鬆腰:- Relax and loosen the waist.

4.Fēn xū shí / 分虛實:- Differentiate between insubstantial and substantial.

5.Chén jiān chuí zhǒu 沉肩垂肘:- Sink the shoulder, drop the elbows.

6.Yòng yì bù yòng lì / 用意不用力:- Use the mind instead of force.

7.Shàng xià xiāng suí / 上下相随:- Coordinate the upper and lower parts of the body.

8.Nèi wài xiāng hé / 内外相合:- Harmonize the internal and external.

9.Xiāng lián bù duàn / 相连不断:- Move with continuity.

10.Dòng zhōng qiú jìng / 动中求静:- Move with tranquility.

**Tai Chi Combat Terms**

Sǎnshǒu / 散手:- Is referring to Tai Chi fighting techniques.

**Tuī shǒu / 推手:- Push hands,**

Sì zhèng tuī shǒu 四正推手: Four hands of Push Hands - Peng, Lu, Ji, An

Zhān nián lián suí bù diū dǐng / 沾黏連隨不丟頂:- Touch, stick, connect, follow, do not separate or resist

Yī yáo èr huǎng sān jī / 一搖二晃三擊:- First shake, second uproot, third attack

**Fángshēn** / 防身:- Defence applications

Dǎ / 打:- Striking

Titī / 踢:- Kicking

Na / ná / 拿:- Grappling

Shuāi / 摔:- Wrestling

Dà lǚ / 大捋:- Loosely translated as the "Great Diversion", it is a coreographed sequence of Push Hands that involves the Eight Gates and Five Steps

Diǎnmài / 点脉:- The term Dim Mak is a fighting term for striking vital areas. It ranges from striking nerve bundles, to striking arteries, all the way to striking meridian points