

Tai Chi River - Vocabulary

Chinese	Description
Shen	Spirit. Emotional-mind-intent. Spirit of Vitality. Attention. You use your mind or intent to use the energy storied in your body (chi). How you use that energy is a Jing (jin). So if you act out of emotion this is shen. The subconscious mind that controls the involuntary muscle system. opposite of chi. shen up and yang while chi down and yin. Responsible for consciousness, cognition, emotional life and our "presence". Thinking. Planning. Feeling. The Shen is "condensed" in the bone marrow and centered.
Yi/I	Intention. Intellectual mind intent. Mind. Thought. Movements in Tai Chi are lead by our intention. Acting with forethought and planning would be a usage of yi. Physical nervous muscular manifestation of what the mind thinks and visualisation to engage the subconscious minds activation of the involuntary muscle system.
Qi/Ch'i	Breath. Breath Energy. Intrinsic Energy. Power. Internal Energy. Air. Blood. Vital Energy. Internal Force. Life Force. Body Fluids. It can also mean the life force that runs through all living things. When used in Tai Chi, typically means the internal force felt in one's body. Ch'i vibrates. The Ch'i should be "excited". The Ch'i must be "cultivated". The Ch'i should "slosh" like water in a box. Original and eternal energy. Ch'i gathers and permeates in the bones and leads the body in movement.
Zhong Zheng	Central Equilibrium. Centered. Upright. Neutral. Balance. The body has to be upright and light and nimble and agile. This all starts with maintaining Central Equilibrium through all movements.
Song / Sung	Relax. To Relax. Relaxed. Loose. To Loosen and soften. When applied correctly in Tai Chi, relaxation should not compromise your posture. True relaxation is achieved only when your posture is perfectly aligned, then muscle groups front/back/left/right can be equally relaxed. This is different from collapsed or flimsy. To lose. To give up. To yield.
Chen	Sink. To allow your body mass to sink downwards and focus on rooting. Normally used together with Relax and Sink. Externally, one physicly sinks the body deeper into the root and also internally, one sinks the Qi/Ch'i into the Dantien where it accumulated.
Ting	Listen. To listen internally. To sense, feel or pay attention to something. Typically one would 'listen' internally to find tension and one would 'listen' externally to the intention, power, and vector of the opponents incoming energy.
Jing/Chin	Trained Force. Energy. Power. Strength. Energy in one's body which can appear to be strength or power. Chi is energy and Jin is what you do with that energy. The physical manifestation of chi. Force refined from training. Specially trained force. Fah Jing - the transfer and release of power. The projection of power. the vibration power of converted Ch'i. The power generated by Ch'i. Utilized Ch'i to project Jing.

Tai Chi River - Important Body Points

Chinese	English	Description
Bai Hui	The "100 Convergences/100 Meetings" point on the crown at the top of the head.	Draw a line from the tip of one ear across the top of the head to the top of the other ear. Then draw a line from the middle of the forehead to the back of the head. The intersection on the crown is the baihui. This is the point that is 'suspended from above'.
Ya Men	The "Gate of Muteness" point at the base of the skull where it meets the neck	This is a very important point for keeping the head straight. This gate must be 'opened' for the Chi to flow upward to the bai hui and then down to the dantian.
Dantian	The "Field of Vital Essense" point 1.3 inches below the navel inside in front of the spine.	Primary energy center for Tai Chi. It is located about three finger widths below and two finger widths behind the navel. In chinese culture, dantian is considered to be the center of qi/chi or life-force-energy. It is also the physical centre of gravity of the human body and the root of one's internal energy. The Field of "Cinnabar" (mercury for longevity?). the center from which all movement originates. The Reservoir of the Ch'i.
Ming Men	The "Gate of Life/Destiny/Vitality" point on the outside of the spine in the middle of the lower back.	On the back, directly behind the important dantian point. Ming translates as health and life, and Ming is a complementary opposite to Yi - mind/intention.
Yao	Waist.	Yao encompasses the entire region of pelvis and abdomen (lumbar). The 'core'. All movements originate from and are commanded by the yao/waist.
Kua	Hips. Hip socket.	Inguinal crease. The kua joins the upper and lower body together.
Hui Yin	The "Convergence or Meeting of Yin".	The point between the legs between the anus and genitals.
Lao Gong	The "Palace of Toil/Labor" point in the heart of the palm between the first and second fingers.	The center of the palm where Chi builds up and then shoots into the fingertips.
Yong Quan/Yun Chuan	The "Bubbling Well/Rushing Spring" point just behind the ball in the middle of the foot.	The center of gravity for the sole of the foot. The midpoint on the ball of the foot. This is the point for "rooting" and balancing. The "Erupting Spring".

Tai Chi River - Philosophy

Chinese	Description
Wu Chi / Wuji	Ultimate emptiness. Nothingness. "The Limitless". It often describes initial emptiness or the state where yin and yang cannot be distinguished from one another. This is the primordial state from which Tai Chi arises and then gives birth the Yin and Yang and the 10,000 things.
Tai Chi / Taiji	Great Ultimate. Supreme Ultimate. The Grand Ultimate. Immense Existence. Great Eternal. Taiji as a philosophy means the Supreme Ultimate state of undifferentiated absolute and infinite potential, the oneness before duality, from which Yin and Yang originate. Tai Chi comes from Wu Chi and then from Tai Chi comes 'Yin and Yang and the 10,000 things'. Sometimes the word "Chi" in Tai Chi is misinterpreted as the word "Qi" because "qi" is pronounced as "chi" as well. "Chi" in Tai Chi means Ultimate, not energy as in "Qi". Improving and progressing toward the unlimited. A Way of Life. Two powers exchange essence and existence come from this.
Dao / Tao	The Way. The Path. The Road. This is a philosophy of living in harmony with the natural course of events. Following the Dao and 'doing without doing' are closely related.
Wu Wei	Do without doing. The principle of passivity. Non-Assertion. Non-Interference. The idea of flowing with the course of events and not trying too hard. It implies to not fight force with force but rather to fight fire with water which is natural and easy. Doing by not doing.
Tai Chi Chuan	Tai Chi Chuan. Grand Ultimate Fist. Supreme Ultimate Fist. The word "Chuan" means fist or boxing. When added to "Tai Chi", it then becomes a Martial Art. Tai Chi Chuan is the correct term to use for this practice, although Tai Chi is the more commonly used term in North America. This physical exercise is form of internal kung fu.
Chi Kung	Practice of Vital Energy. Energy Work. This is an exercise that purposefully cultivates qi/chi. This practice was invented over 4000 years ago and is still practiced all over the world. Note that Tai Chi Chuan is a type of Chi Kung, but Chi Kung is not a martial art like Tai Chi Chuan.
Shen	Spirit. Emotional-Mind-Intent. Spirit of Vitality. Attention. You use your mind or intent to use the energy stored in your body (chi). How you use that energy is a Jin 'trained force'. So if you act out of emotion this is shen. The subconscious mind that controls the involuntary muscle system. Shen is the opposite of chi. Shen goes up and is yang while chi sinks down and is yin. Responsible for consciousness, cognition, emotional life and our "presence". Thinking. Planning. Feeling. Shen is a higher form of energy than Ch'i.
Yi	Intention. Intellectual mind intent. Mind. Thought. Movements in Tai Chi are lead by our intention. Acting with forethought and planning would be a usage of yi. Physical nervous muscular manifestation of what the mind thinks and visualisation to engage the subconscious minds activation of the involuntary muscle system.
Qi/Ch'i	Breath. Air. Blood. Vital Energy. Internal Force. Life Force. Body Fluids. It can also mean the life force that runs through all living things. When used in Tai Chi, typically means the internal force felt in one's body. Nurture the Ch'i. The ch'i sticks to the back and permeates the spine.

Tai Chi River - Complementary Opposites

Chinese	English Translation
Yang	Yang. Male. Fast. Aggressive. Hard. Light. Hot. Initiating. Creative. Constructive. Action. The Solid. The space occupied by your body. Substantial.
Yin	Yin. Female. Slow. Yielding. Soft. Dark. Cold. Responding. Receptive. Passive. Destructive. Yielding. The space around your body. Insubstantial.
Shen	Spirit. Emotional-mind-intent. Spirit of Vitality. Attention. You use your mind or intent to use the energy storied in your body (chi). How you use that energy is a Jing (jin). So if you act out of emotion this is shen. The subconscious mind that controls the involuntary muscle system. opposite of chi. shen up and yang while chi down and yin. Responsible for consciousness, cognition, emotional life and our "presence". Thinking. Planning. Feeling. Internally gathered.
Qi/Ch'i	Breath. Air. Blood. Vital Energy. Internal Force. Life Energy. Life Force. Body Fluids. It can also mean the life force that runs through all living things. When used in Tai Chi, typically means the internal force felt in one's body. The ch'i should be "excited".
Shi	Substantial. Solid. Real. Solid. Passive. Quiet. Real. True. Sure. Unchangeable.
Xu	Insubstantial. Empty. Fake. Empty. Humble. Initiating. Dynamic. Uncertainty. Fuzzy. Hypocrisy. Unsure. Changeable. False.
Yong	Ability. Function. Application. Use.
Ti	Basis. Foundation. Object itself. Substance. Fundamental nature of a given thing.
Dong	Movement. Motion. Dynamic. Initiating motion. Dong is Yang.
Jing	Quiet. Stillness. Static. Calmness. Jing is quiet passivity and Yin.
Fen	Become separate. Come apart. Separate.
He	Fuse together. Closing. Integration. Harmony. Unite. Integrate. Merge.
Jing/Chin	Trained Force. Energy. Power. Strength. Energy in one's body which can appear to be strength or power. Chi is energy and Jin is what you do with that energy. The physical manifestation of chi. Force refined from training. Specially trained force.
Li	Hard force. Brittle force. Opposite of jin. Untrained raw brute force. Physical force. Direct physical motion and strength.
Ding	Too hard. Too much. Excess more than required.
Diu	Too weak and disconnected. Not enough. Falling short.
Gang	Hard. Strong.
Rou	Soft. Gentle. Softness.