



太极推手: Taiji Pushing Hands

Making contact through the arms, rooted through the feet
Listening through the skin – the slightest movement
Always rotating, always responsive
Sensitivity is your spy

The art of disappearing through softness, yielding
Sensing the subtle transformations between fullness and emptiness
Clarity of looseness lets qi arise

Operating from the centre of the circle
All movements are possible due to central aspect of stillness
Do not neglect the near for the far

The one who cannot be found is in control
And remains elusive

體會: Understanding through the body, learning from experience
With skills not an end in themselves
And silent study
All wishes are met