

Internal Energies

鬆 Sung Relax	棚 Peng On Guard
開 Kai Open	合 He Closing
懂 Tung Understand	聽 Ting Listen
發 Fa Issue	長 Chang Long
內勁 Nei Ching Internal Power	內功 Nei Gung Internal Work
內家 Nei Jia Internal Style	

化 Hua Neutralize	走 Tsou Receiving	領 Ling Leading	截 Jie Intercept	搬 Ban Shift	攔 Lan Parry	刁 Diao Hook	攢 Gwan Downsplit
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削 Shiao Shave/Cut	挑 Tiao Flick	撩 Liao Stir Up	托 To Support	掩 Yean In Block	探 Tan Reach	當 Ta Slap	砸 Za Down
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刷 Pian Slice	磨 Moi Spear	借 Chieh Borrow	砸 Za Smash	沉 Zhen Sink	引 Yin Enticing	穿 Tzuan Through	搜 Sou Search	閉 Bi To close
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拿 Na Seize	擰 Ning Twist	推 Tui Shove	豁 Huo Opening	掛 Gwa Hanging	黏 Nien Stick	扣 Ko Grab	戳 Cho Poke	掃 Sao Sweep
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帶 Dai Open up Sidecarry	搬 Ban Move Aside	推 Tui push	穿 Chuan pierce	纏 Chan wrap	沾 Chan Adhere
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整勁

Body Power

筋長力大

Jing Zhang Li Da

Open joints to increase power

身心合一

Body & Mind As One

劈 Pi Splitting	崩 Beng Crushing	炮 Pao Explode
橫 Heng Crossing	橫 Xing-I Quan	鑽 Zuan Drilling

棚 Peng On Guard	碾 Lu Roll Back	擠 Ji Press	按 An Push
採 Cai Pull	捌 Lieh Split	肘 Zuo Elbow	靠 Kao Bump

Taiji Quan

When thinking about the energies we use in the internal arts think of them as flavors. Some can be very distinct and different like a strawberry vs garlic. Others may be as subtle as different types of blueberries. As we perform any action there are energies to describe the 'power' or force used for that action. Our practice and forms aren't merely physical movement but a coordination of body, intent, energy, and spirit.

These are not mystical or special merely part of the spectrum of awareness and movement. Focusing on them helps us refine our awareness, energy and skill. Understanding the interplay of these is an expansion of our senses.

提 Ti Rising	鑽 Zuan Drilling	翻 Fan Turn over
裹 Guo Wrap	抹 Mo Rub	順 Shun Follow

Bagua Zhang

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