



Chinese character for Qi (Chi)
written by Qing Dynasty scholar
and calligrapher Bao Shi-Chen
(1775 -1855)



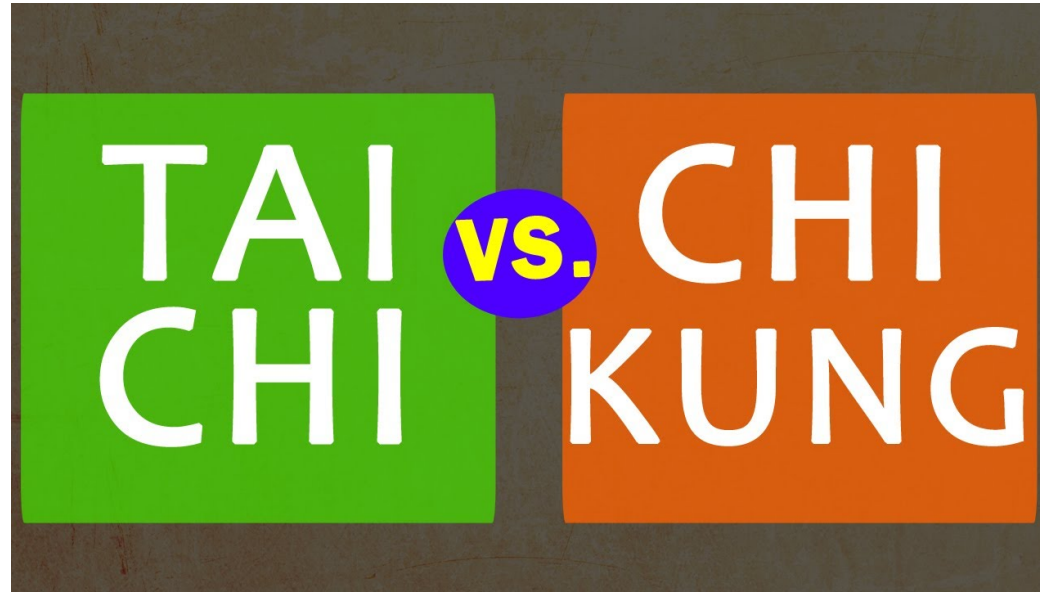
Unlocking the Mystery of Qi in Taijiquan and Qigong

Your Key to Efficacious Internal Practice

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<http://www.shou-yi.org/>



What is the difference between Taijiquan and Qigong?

Qigong – Cultivate the Qi (Ti 體)

Taijiquan – Utilize the Qi (Yong 用)



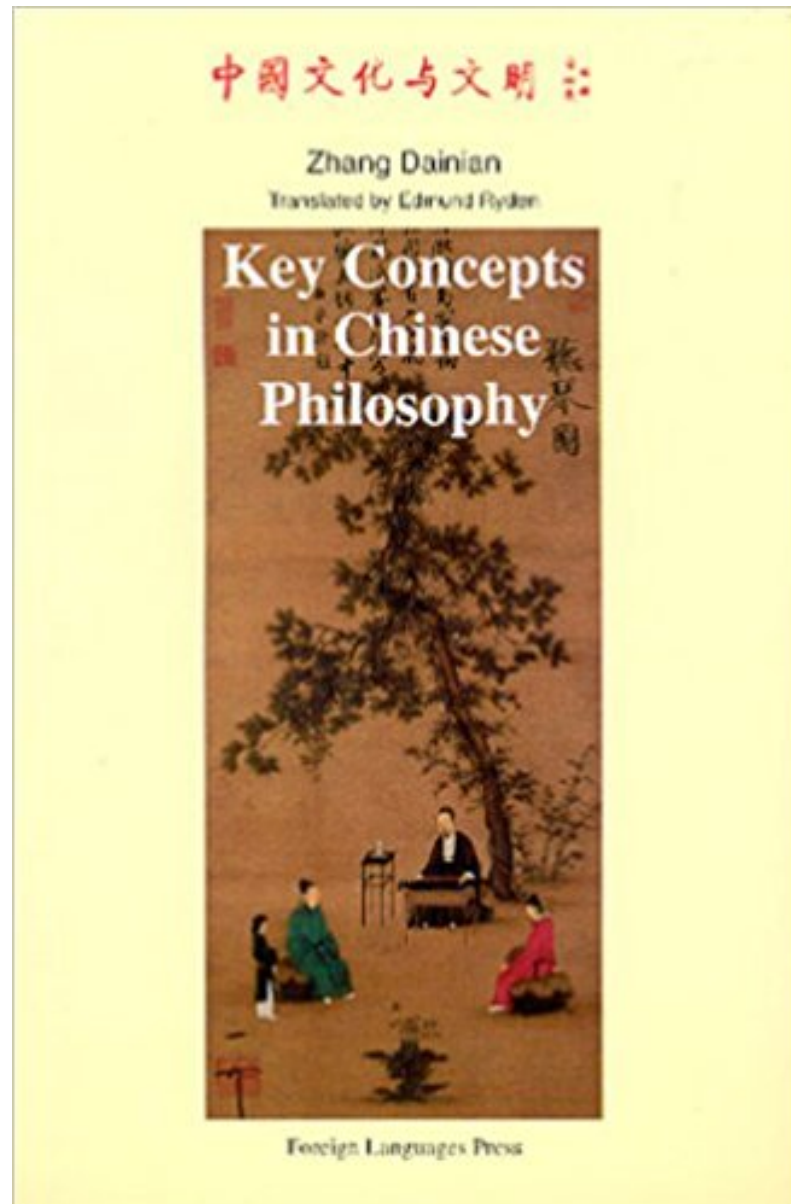
Master Jiang Zhen-Yuan 江震遠 demonstrating his calligraphy writing on the floor for the character Qi.

What is (not) Qi?

Qi is not energy – but it can improve your ability to do work.

Qi is not force – but it can increase your strength to do work.

Qi is not magic - but it can be magical.



Qi is “matter” (organic and inorganic) and its potential to become while remaining in its material state.

Key Concepts in Chinese Philosophy
by Zhang Danian (Author), Edmund Ryden (Translator)

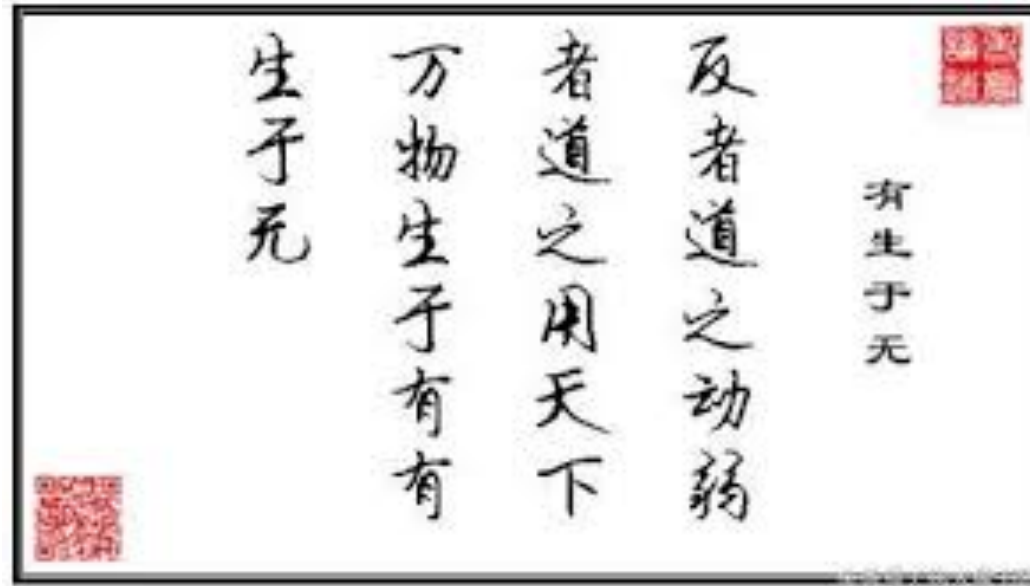
Qi has a form and formless component, or you 有 and wu 無, some called it being and non-being. They are the complementary opposites to each other and one cannot do without the other.

A large, bold, black Chinese character '氣' (qi) in a traditional calligraphic style, representing the concept of 'Form Qi'.

Character for Form Qi

A large, bold, white Chinese character '無' (wu) in a traditional calligraphic style, representing the concept of 'Formless Qi'.

Character for Formless Qi



Laozi's Daodejing 老子道德經 "The Classic of the Way and the Natural Virtue"

40.反者，道之動。弱者，道之用。天下萬物生於有，有生於無。

To overcome is Dao's motion. To be weak (i.e.going with) is Dao's function. Myriad of things in the world are produced by being (have), and being is produced by non-being (not-have).

42.道生一，一生二，二生三，三生萬物。萬物負陰而抱陽，沖氣以為和。

Dao begets One (nothingness; or reason of being), One begets Two (Yin and Yang), Two begets Three (Heaven, Earth and Man), Three begets all things. All things carry the Yin and embrace the Yang, and by breathing together, they live in harmony.

The Qi in Taijiquan and Qigong is the coming together of the San Cai 三才 (The Three Abilities) of Heaven, Earth and Human, expressed in the Yin and Yang of the mind, the body and the breath and their potentials to become while remaining what they are.

Mind - Heaven

Body - Earth

Breath - Human

When the Body, the Mind and the Breath come together and the Yin and Yang of them have intercourse with each other in a synergetic and constructive way, the Spirit rises and we have Shen Qi 神氣.



That is what it meant by the saying:

“Jing, Qi, Shen - Shen, Shou, Fa” 精氣神 - 身手法 .

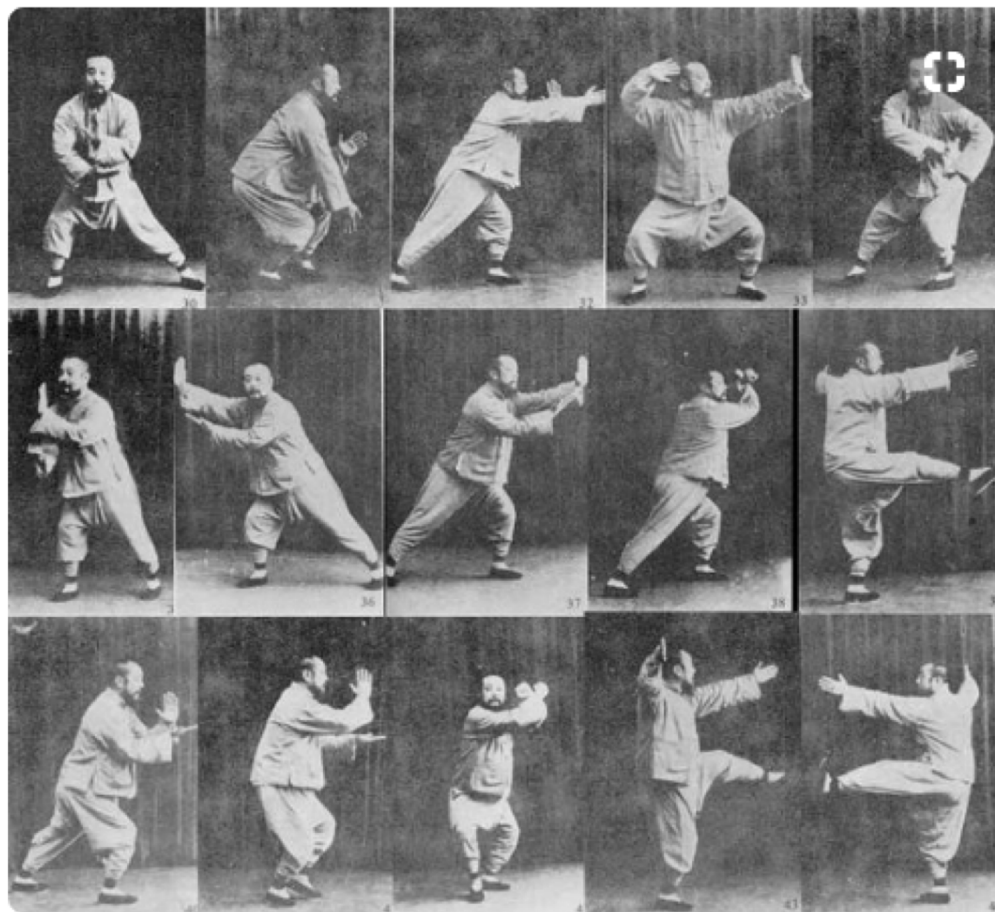
The Body, the Limbs and the Methods lead to the Essence, the Qi and the Spirit.



The Three Treasures of Man – Jing, Qi and Shen.



In Qigong, to cultivate the Qi is to circulate the Qi, to circulate the Qi is to make Yin Yang with our postures, our breathing and our mind-set. When they can all come together in a synergetic way, we have Qi flow in our body.



In Taijiquan, to utilize the Qi is to circulate the Qi, for a specific application of self-defence, and that is to focus on our body, our breath and our heart/mind together in a synergetic way while moving, punching and kicking with purpose and concentration.

Connected



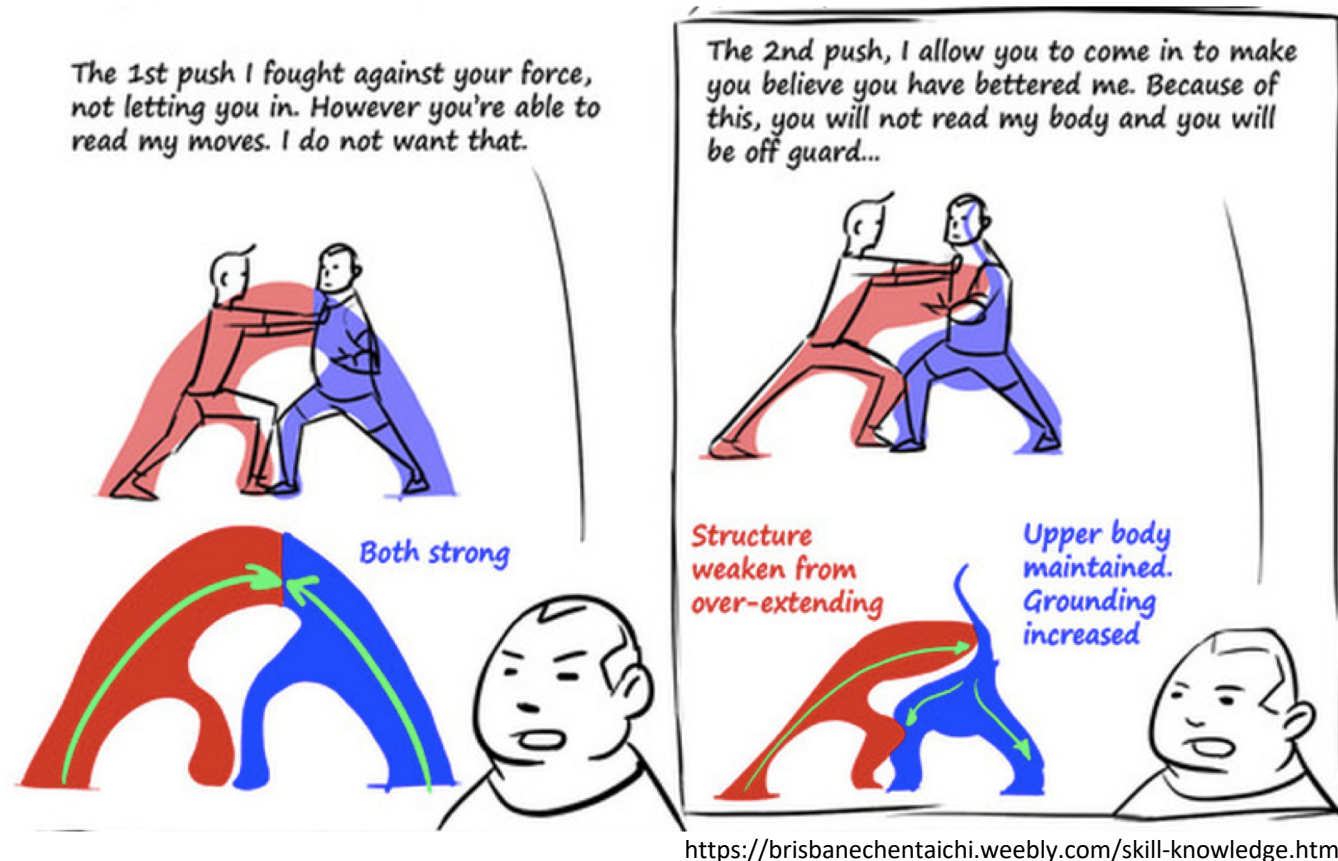
Not-connected



Strong Qi

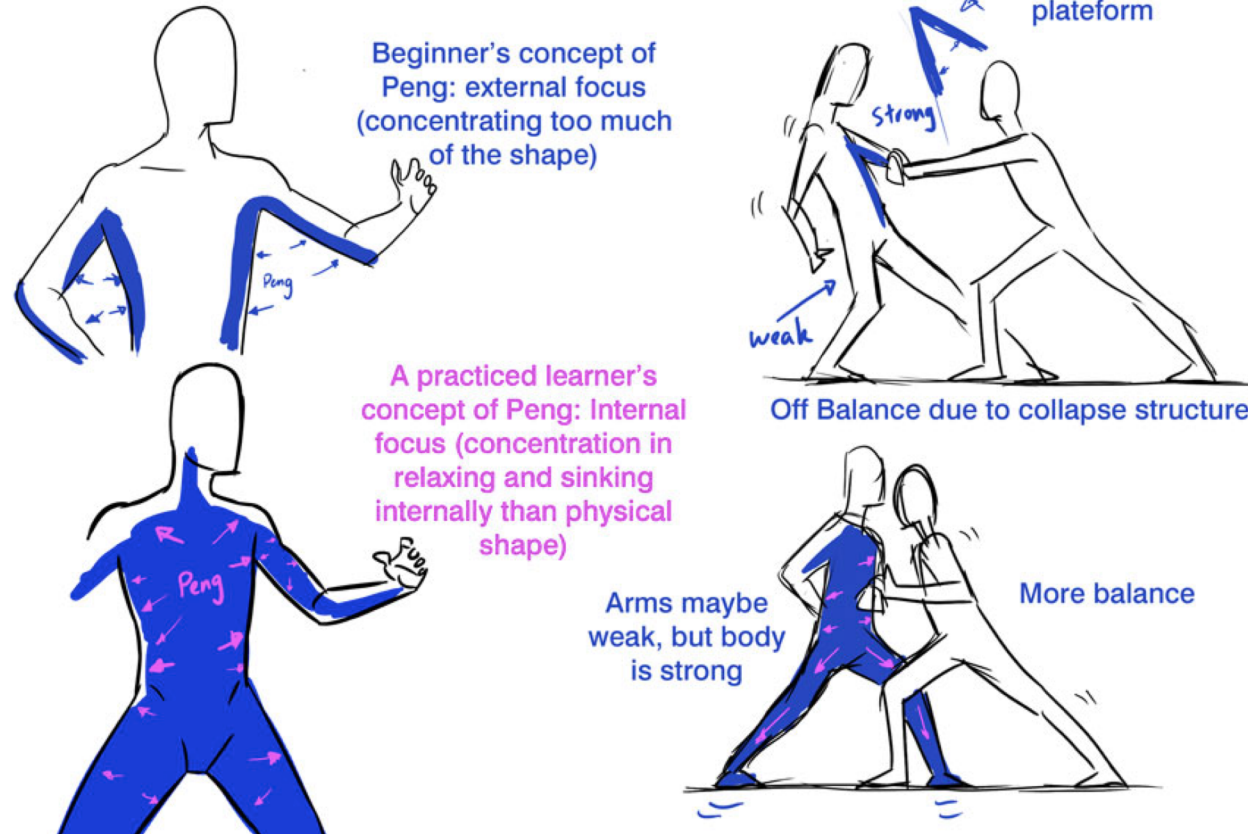
Weak Qi

In both Qigong and Taijiquan, correct posture, correct breath and correct mind-intent are needed, so the Qi is gathered and not fragmented or dispersed. In this sense Qi is a continuum that links the body, the mind with the breath. When the connection between them is strong, we have strong Qi, when the connection between them is weak, we have weak Qi.



In fighting (Push-Hand is a form of mock-fighting), Taijiquan emphasised soft overcome hard, that is to “go-with” rather than to “go-against” your oponent’s force, while keeping your own centrality to defeat him.

The Concept of “Peng”

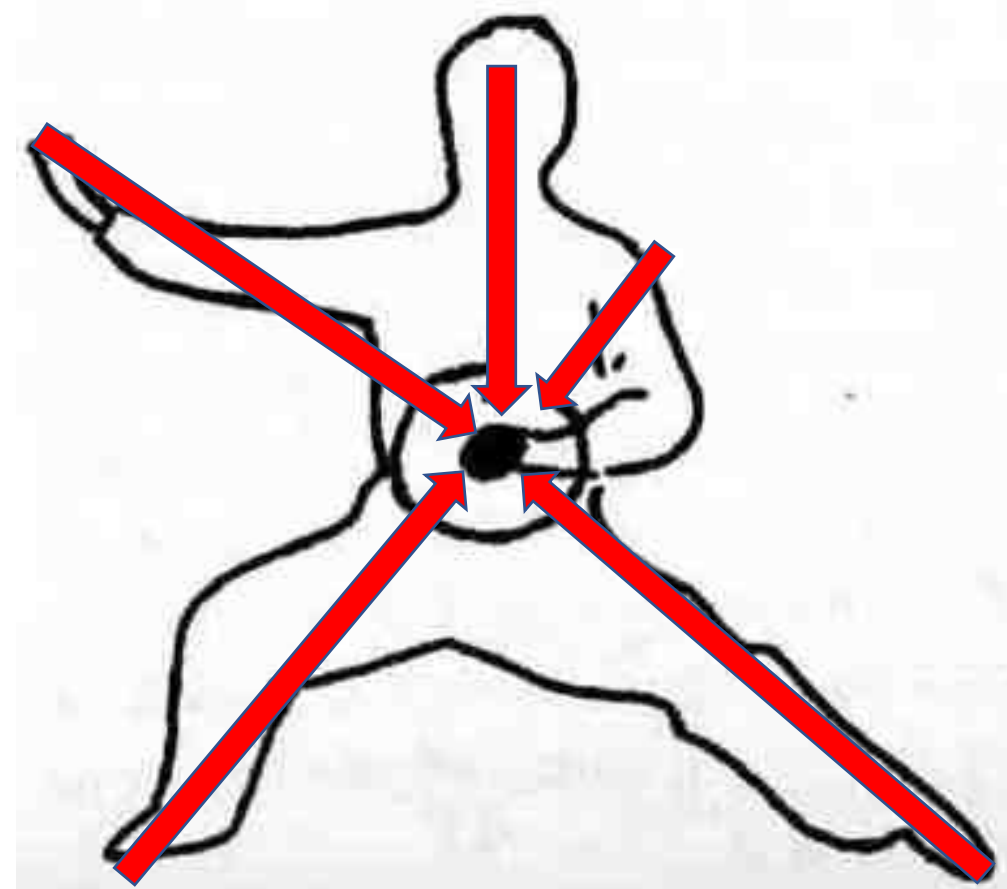
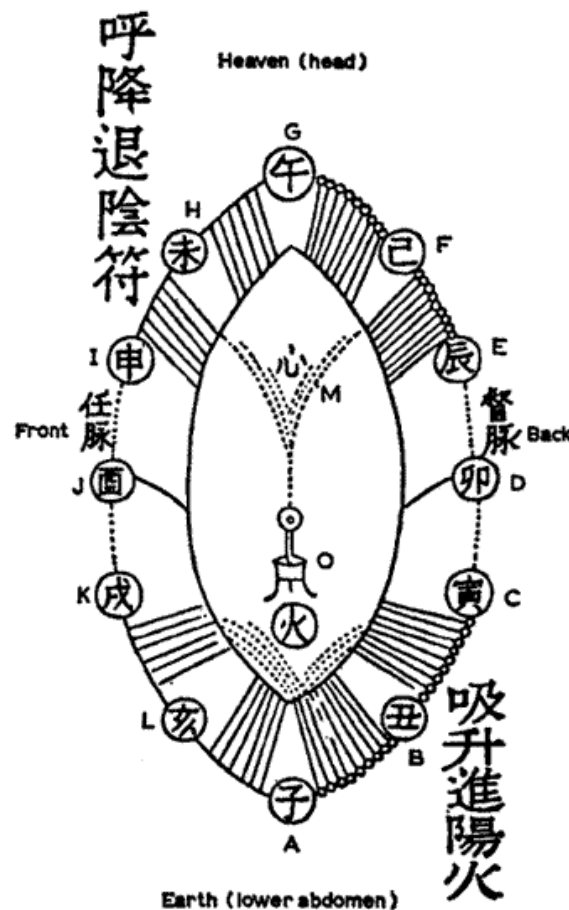
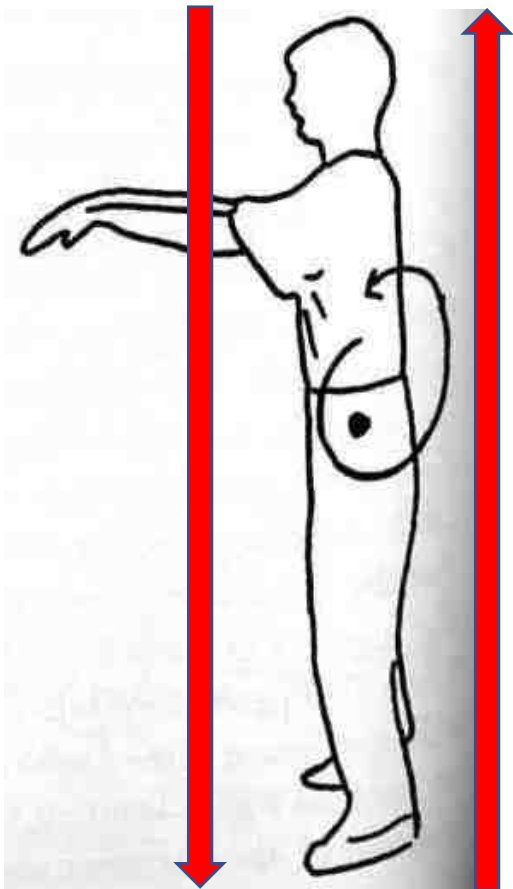


<https://brisbanechentaichi.weebly.com/skill-knowledge.html>

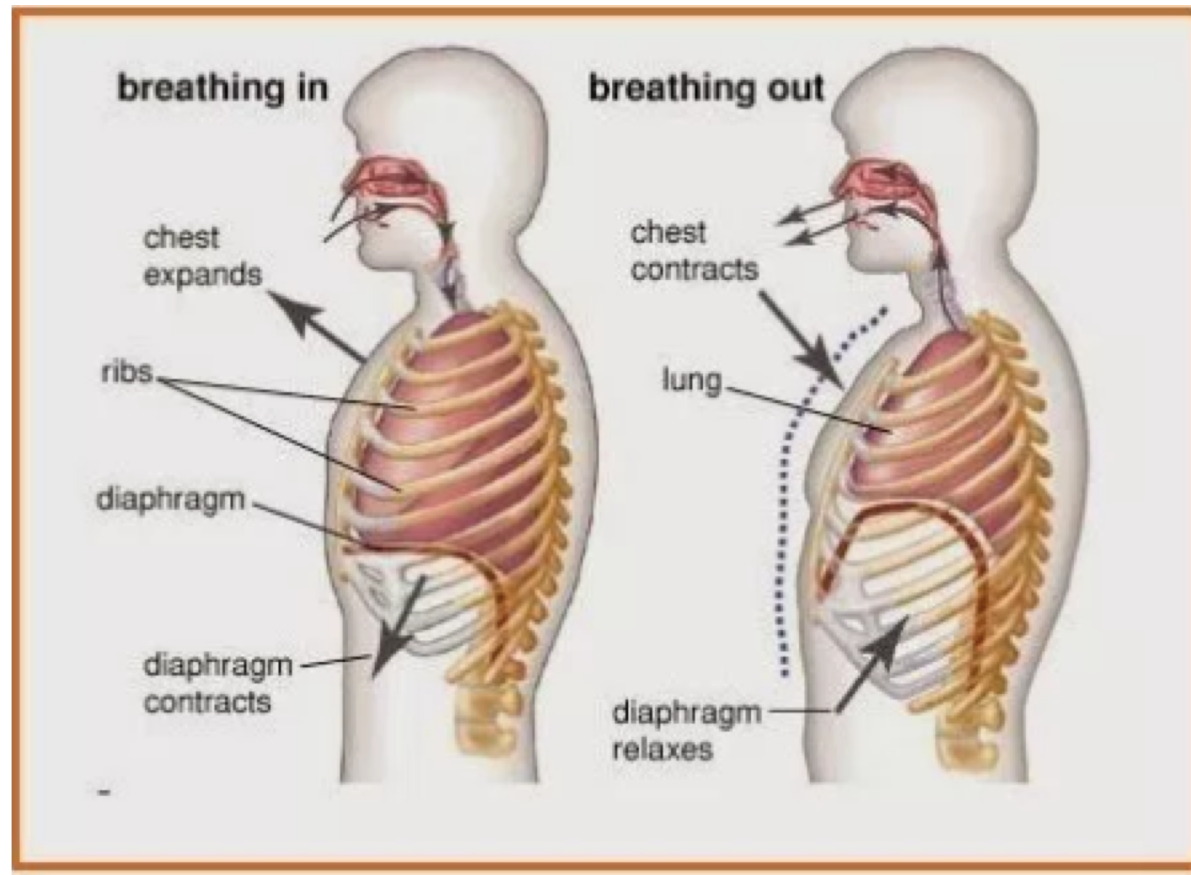
In push hands, your opponent can only upset you if your Qi is fragmented and that means either your posture is incorrect and your joints don't line up or your breath is interrupted or you have lost your conscious awareness being overtaken by ideomotor (motor of the mind without feedback).



May the (gravitational) Force be with you, always keep your centrality intact.



Body-wise, Qi circulation always starts with the foot and ends with the foot, the Dantian links the upper part of the body with the lower part and we practise Dantian rotation to ensure that this happens all the time while we practise the form and doing push hand.



Breath-wise, we use reverse-breathing to ensure that we have conscious awareness to drive the Qi, the Daoist believed normal-breathing leads to a normal life-span, reverse-breathing in Qigong and Taijiquan can lengthen our life span by “going against” the natural flow or by reversing the Yin and Yang.

The Ouija Board works because of the ideomotor effect, where you sometimes move objects (or yourself) without knowing it. Combined with a strong subconscious need for an answer, this is why people can be touching the planchette and spelling out words, but still believing they aren't the one moving it.



Mind-wise, use visualisation to move your Qi, the Chinese has a saying, “Where the mind goes Qi will follow” 意到氣到. CXW use to say, „When I do my form I visualize being attacked and I counter-attack and when I fight, I think of nothing.“ But beware of the “ideomotor” effect, or you will be manipulated in a “magical” way by a fake master.



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The Meanings of Shou Yi

The characters "Shou Yi" literally mean, "To be mindful and abide by the One". In Daoist thoughts, "the One" represents the Dao – the Way and the Original Source of all things. In Taijiquan and Qigong, "the One" represents the unified whole of the body, breath and mind and it could also be the Vital Qi of Jing, Qi and Shen – the life force that keeps us alive. Therefore, to "Shou Yi" is to be mindful and cultivate the Way by practising Taijiquan and Qigong. In doing so, our Vital Qi is preserved, and we will have a better chance of living a happier and longer life with more vitality.

Cai Hong 蔡洪 (Howard Choy)