



Taijiquan

Linda's T'ai Chi Weekly Handout July 4, 2021

Yin and Yang

When people see things as beautiful,
ugliness is created.

When people see things as good,
evil is created.

Being and non-being produce each other.
Difficult and easy complement each other.

Long and short define each other.

High and low oppose each other.

Fore and aft follow each other.

Complimentary opposites are the foundation of T'ai Chi. Tension is Yang, relaxation is Yin. If the body is too stiff and tense, the blood flow is restricted. If the body is too soft, we lose our structure and our postures become too empty and limp. We find the balance when our yin and yang are truly in balance. That is T'ai Chi.

Our goal is "Seeking Stillness within Movement:

太 極 拳

Tài or T'ai
big, grand, extreme,
"a lot of"

Jí or Chi
supreme, top,
ultimate, utmost

Quán or Ch'uan
fist



太极图
Taijitu of Lai Zhide (16th century)



阴阳
Modern "Yin-Yang symbol"

The *Taiji* concept was illustrated many different ways through thousands of years of Chinese philosophical development. Over the next few generations, the taijitu was revised to become the modern Taiji diagram, often called simply the "Yin-Yang" symbol.

The two energies we have been focusing on is the empty and full. These two energies blend into one seamless whole to represent harmony. There is no start or finish. They morph from one to the other in a seamless way.

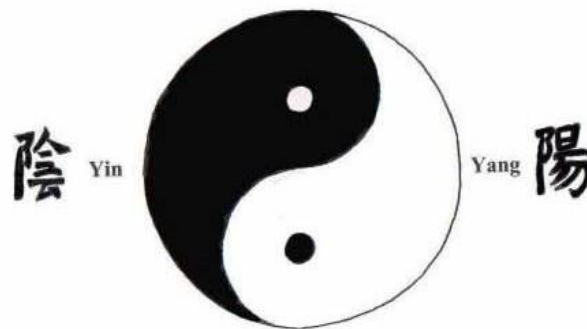
Keep practicing and focusing on the transition from empty to full; full to empty. This will improve your T'ai Chi in a grand way. You will be smoother, softer and enjoy the flow.

Yin

Night, moon, intuitive, soft

Yang

day, active, sun, hard



There is no such thing as either yin or yang. They are the same side of a coin as the diagram illustrates. One cannot exist without the other. As the day turns to night and night to day, your t'ai chi should flow smoothly from one posture to another, shifting your weight from full to empty; empty to full.

T'ai Chi Ch'uan uses calmness to subdue agitation

Peace,

Linda