



Linda's T'ai Chi Weekly Handout March 13, 2022

### **The Six Harmonies**

Dai Longbang (1732-1801) was a Chinese master of the internal martial art known as Heart and Intention Boxing. (Xing Yi Quan) His family cultivated and developed Xing Yi Quan. Xing Yi Quan is characterized by aggressive, seemingly linear movements and explosive power that's most often applied from a short range and is one of many forms of martial arts. During Dai Longbang's life, he recorded a great deal of tactical points of martial arts and wrote "The Six Harmonies Fists." It's from this work that the Six Harmonies are taken and adapted to the practice of T'ai Chi Ch'uan.

In this context, to harmonize means to coordinate. In class, I talk about all of the movements of feet, legs, hips, arms, fingers and breath working together as one unit in harmony with each other. We have been working on the first harmony- shoulders and hips. As we open the hip, the shoulder moves in synchronicity- rotating the hips.

The Six Harmonies are categorized by external and then internal:

#### **External Harmonies**

- 1, Shoulders with hips
2. Elbows with knees
3. Hands/wrists with feet

#### **Internal Harmonies**

4. Heart with intention
5. Intention with Chi
6. Chi with Movement

Peace, Linda