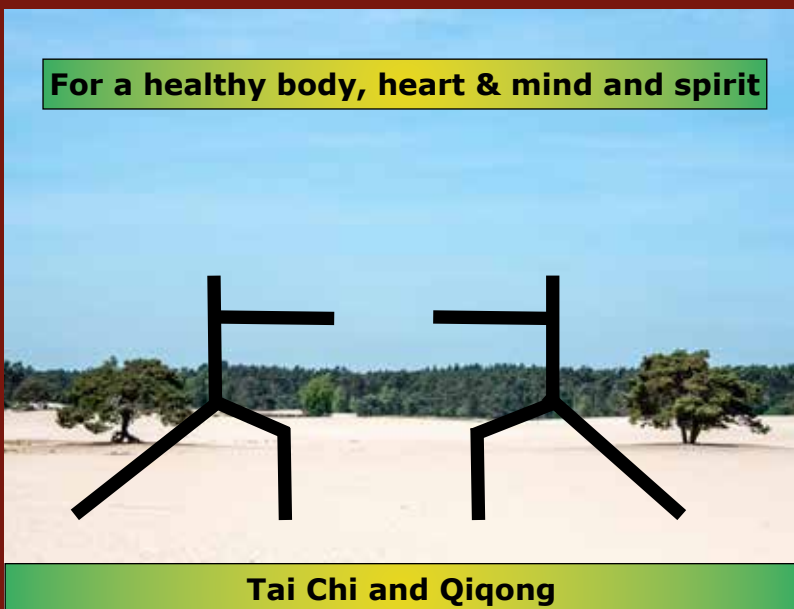


TAI CHI AND QIGONG PRAGMATICS

For a healthy body, heart & mind and spirit



English and Dutch Quick Reference Guide to
Yang Cheng-fu, Cheng Man Ch'ing Tai Chi
and Qigong movements and postures

Harry Hauptmeijer

Tai Chi and Qigong Pragmatics

Tai Chi and Qigong Pragmatics

Movements and Postures
Bewegingen en Houdingen

Composed by Harry Hauptmeijer

Challenge the existing to achieve the best

TAI CHI and QIGONG PRAGMATICS

Movements and Postures
Bewegingen en Houdingen

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TAI CHI and QIGONG PRAGMATICS

Movements and Postures Bewegingen en Houdingen

Introduction

Tai Chi and Qigong Pragmatics presents movements and postures of the Yang Cheng-fu 8 and 24 Form, the Cheng Man Ch'ing 37 Form as well as the Qigong Ba Duan Jin and Wu Qin Xi exercises.

Tai Chi and Qigong Pragmatics in English and Dutch is a Quick Reference Guide for beginning as well as for advanced practitioners to help to become better in Tai Chi and Qigong. It was composed as a hobby after evaluating five years of learning. My gratitude goes especially to Tai Chi and Qigong instructors Peter de Jong and his Wednesday evening group and Silk Road's Hans van Giffen and his Monday morning group who guided me on the first Tai Chi and Qigong steps. Such qualified teaching is absolutely necessary and a great support. I wish that you pick-up this booklet now and then to reflect on your Tai Chi and Qigong and become even more enthusiastic and dedicated.

Harry Hauptmeijer

TAI CHI and QIGONG PRAGMATICS

1. Preamble

Tai Chi, short for **T'ai Chi Ch'uan**, is a Chinese martial art, which has been created to increase wisdom and bravery. The term Tai Chi encompasses the forces of yin and yang. In the alternation of hard and soft, movement and stillness, each is applied to the limit. As Lao-Tzu said: "The soft and pliable will defeat the hard and strong". If one uses hardness, use softness to neutralize, if one uses movement to attack, use stillness, wait for the attack and neutralize it. Start learning to invest in loss to achieve the benefits.

The martial art essence has gradually evolved to emphasize health and longevity. Today Tai Chi is typically practiced for a variety of personal reasons such as for defense, health benefits and for demonstrations. As a result, a multitude of traditional and modern training forms exist, each with its specific emphasis. Through practicing Tai Chi, you are able to calm your mind and by the movement exercises you will relax. The results are a smooth Qi (energy) flow and blood circulation to benefit your mental and physical health.

Most modern styles of Tai Chi originate from at least one of the five traditional schools: Chen, Yang, Wu (Hao), Wu and Sun.

Qigong focusses on the continuous improvement of the inner energy or bioelectricity flow (qi) in your body to benefit flexibility and health. Typical exercises focus on typical organs.

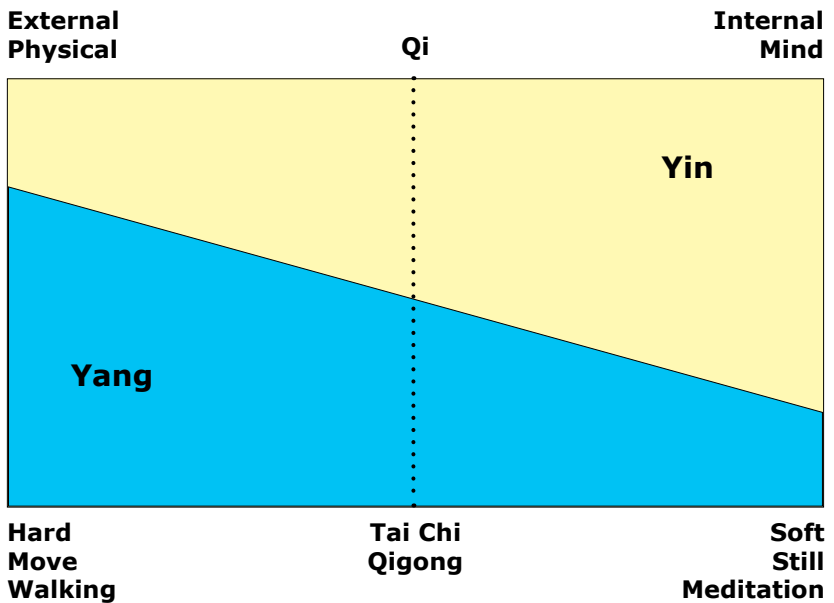
Dress code: in general, Tai Chi schools do not require a uniform, but teachers advocate loose, comfortable clothing and flat-soled shoes.

The physical techniques of Tai Chi are described in the Tai Chi classics "The Essence of T'ai Chi Ch'uan", a set of writings by traditional masters.

This booklet "Tai Chi and Qigong Pragmatics" is a Quick Reference Guide listing the sequence and nomenclature of exercises and forms in English and in Dutch. For specification of exercises and actual movements kindly refer to the books listed under 'References and Inspiration – Sources'. In addition, various introductory internet videos are available. To really learn and master Tai Chi and Qigong, courses by a qualified teacher are an absolute must.

TAI CHI and QIGONG PRAGMATICS

3. Importance of Physical and Mind



TAI CHI and QIGONG PRAGMATICS

4. Tai Chi Greetings

It is best practice for teacher and students to greet each other at the start and at the end of a Tai Chi class.

Greeting at the start of a class:

Both teacher and students form a fist with their right hand and an open palm with their left hand and bring the hands together to greet while looking at each other.



Front view

Teacher:	Tóng xué men hao	- Hello students
Students:	Laoshī hao	- Hello teacher
Class:	Begins	

Greeting at the end of a class:

Apply the same hands procedure as at the start of the class.

Teacher:	Tóng xué men zài jiàn	- Goodbye students
Students:	Laoshī zài jiàn	- Goodbye teacher
Teacher and Students:	Xiè xiè	- Thank you
Class:	Ends	

TAI CHI PRAGMATICS

6. Master Yang Cheng-fu



Promoted Tai Chi Chuan's Original Style and Forms

Master Yang Cheng-fu (1883-1936)
Opened Tai Chi Chuan to the Chinese public

TAI CHI PRAGMATICS

8. 8-Form Movements and Postures Master Yang Cheng-fu

	Movement, posture	Note
	Preparation	
	Beginning	
1	Repulse the monkey - right, left	1)
2	Brush knee and push - left, right	
3	Part the wild horse's mane	
4	Wave hands like clouds	4x
5	Golden rooster stands on one leg - Left, right	
6	Kick heel - right, left	
7	Grasp the sparrow's tail - right, left	
8	Cross hands (left hand is on top)	
	Tai Chi conclusion	

	Beweging, houding	Note
	Vorbereiding	
	Begin	
1	Verjaag (werp) de aap - rechts, links	1)
2	Borstel knie en stoot palm - links, rechts	
3	Spreid de manen van het wilde paard	
4	Wolkenhanden	4x
5	Gouden haan staat op één been - Links, rechts	
6	Trap met de hiel - rechts, links	
7	Grijp de mussenstaart - rechts, links	
8	Kruis de handen (linkerhand is boven)	
	Tai Chi conclusie	

Note 1): This movement is also called 'Reverse reeling forearms'
Opm 1); Deze beweging heet ook wel 'Spreid en zwaai armen'

Tai Chi is like a great river rolling on unceasingly.
Tai Chi is als een machtige rivier die ononderbroken doorstroomt.

TAI CHI PRAGMATICS

9. 24 Form - Movements and Postures Master Yang Cheng-fu

	Movement, posture	Note
	Preparation	
1	Beginning	
2	Part the wild horse's mane - Left, right, left	
3	White crane spreads its wings	
4	Brush knee and push - Left, right, left	
5	Right hand plays the pipa	1)
6	Step back and repulse the monkey - Left, right, left	
7	Grasp the sparrow's tail - left	
8	Grasp the sparrow's tail - right	
9	Single whip	
10	Wave hands like clouds	3x
11	Single whip	
12	High pat on horse	
13	Right heel kick	
14	Strike ears with both fists	
15	Turn, left heel kick, right single whip	
16	To the left: descending single whip (lower the body), followed by - Golden rooster stands on one leg - left	
17	Turn, left single whip; To the right: descending single whip (lower the body), followed by - Golden rooster stands on one leg - right	
18	Fair lady works the shuttles - Right, left	
19	Needle at sea bottom	
20	Fan through back	
21	Turn, sway right fist, parry and punch	
22	Withdraw and push	
23	Cross hands (left hand on top)	
24	Tai Chi conclusion	

Note 1): A pipa is a chinese 4-string plucked instrument

If there is up, then there is down; if there is forward, then there is backward,
if there is left then there is right

TAI CHI PRAGMATICS

24 Form - Movements and Postures Master Yang Cheng-fu

	Beweging, houding	Note
	Vorbereiding	
1	Begin	
2	Spreid de manen van het wilde paard - Links, rechts, links	
3	Witte kraanvogel spreidt zijn vleugels	
4	Borstel knie en stoot palm - Links, rechts, links	
5	Speel de pipa met rechts	1)
6	Stap terug en verjaag (werp) de aap - Links, rechts, links	
7	Grijp de mussenstaart - links	
8	Grijp de mussenstaart - rechts	
9	Enkele zweep(slag)	
10	Wolkenhanden	3x
11	Enkele zweep(slag)	
12	Hoog klopje op het paard	
13	Trap met rechter hiel	
14	Tref de oren met beide vuisten	
15	Draai, trap met linker hiel, enkele zweep(slag) rechts	
16	Naar links: neergaande enkele zweep(slag) (breng lichaam naar beneden), dan - Gouden haan staat op één been - links	
17	Draai, enkele zweep(slag) links; Naar rechts: neergaande enkele zweep(slag) (breng lichaam laag) dan - Gouden haan staat op één been - rechts	
18	Schone dame weeft met schietspoel - Rechts, links	
19	Naald op zeebodem	
20	Open waaier vanuit de rug	
21	Draai, zwaai rechtervuist, pareer en stomp	
22	Trek terug en duw	
23	Kruis handen (linkerhand is boven)	
24	Tai Chi conclusie	

Note 1): Een pipa is een chinees 4-snarig tokkelinstrument

Wanneer er omhoog is, is er omlaag, wanneer er vooruit is, is er achteruit,
wanneer er links is, is er rechts

TAI CHI PRAGMATICS

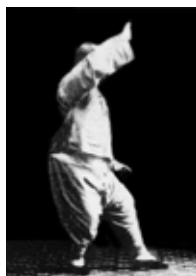
24-Form - Movements and Postures Master Yang Cheng-fu



1



2



3



4



5



6



TAI CHI PRAGMATICS

10. Professor Cheng Man Ch'ing



Created the Tai Chi Chuan 37 Form

Tai Chi Chuan, the great ultimate, strengthens the weak,
raises the sick, invigorates the debilitated, and
encourages the timid

Professor Cheng Man Ch'ing (1902-1975)
was a student of Master Yang Cheng-fu
and introduced Tai Chi Chuan to Western society in the 1960's

TAI CHI PRAGMATICS

11. Tai Chi Essential Principles Professor Cheng Man Ch'ing

	Tai Chi Principles
1	Relax
2	Stand upright
3	Beautiful lady's hand
4	Separate Yin and Yang
5	Move from the waist

Preparation: Reflect on the Tai Chi Essential Principles, separate feet and stand (standing posture).

In motion it separates;
In stillness they fuse

	Tai Chi Principles
1	Ontspan
2	Sta recht op
3	Rechte handen, polsen en vingers
4	Separeer Yin en Yang
5	Beweeg vanuit het bekken

Voorbereiding: Bezin je op de Tai Chi Essential Principles, separeer de voeten en sta (standing posture).

In beweging scheidt het zich;
In rust verenigen zij zich

TAI CHI PRAGMATICS

12. 37 Form - Movements and Postures Professor Cheng Man Ch'ing

	Movement, posture	Note
1	Preparation	
2	Beginning	
3	Ward off - left	1)
4	Ward off - right	1)
5	Roll back	1)
6	Press	1)
7	Push	1)
8	Single whip	
9	Raise hands	
10	Shoulder stroke	
11	White crane spreads its wings	
12	Brush knee and push - left	
13	Right hand plays the guitar - Brush knee and push - left	
14	Step forward, deflect downward, parry and punch	
15	Withdraw and push	
16	Cross hands (right hand in front)	
17	Embrace the tiger, return to mountain - Roll back (diagonal) - Press (diagonal) - Push (diagonal) - Diagonal Single Whip	
18	Fist under elbow	
19	Step back and repulse the monkey - right	
20	Step back and repulse the monkey - left - Step back and repulse the monkey - right - Step back and repulse the monkey - left - Step back and repulse the monkey - right	
21	Diagonal flying	

Note 1): This group of movements is called 'Grasp the sparrow's tail'

TAI CHI PRAGMATICS

37 Form - Movements and Postures Professor Cheng Man Ch'ing



1



2



3



4



5



6



7



8



9



10



11



12

QIGONG PRAGMATICS

13. Qigong - Ba Duan Jin and Wu Qin Xi



Qigong practice in the second century in Huan province, China, discovered in 1973

Aligning Breath, Movement and Awareness

QIGONG PRAGMATICS

14. Ba Duan Jin - 8 Brocades - 8 Brocaten



1



2



3



4



5



6



7



8

When the spirit is raised,
there is no fault of stagnancy and heaviness

Wanneer de geest alert is,
komt de fout van stagnatie en logheid niet voor

QIGONG PRAGMATICS

15. Wu Qin Xi - Five Animal Frolics - Vijf Dieren



Tiger
Tijger



Qigong practitioners imitate the movements of 5 animals



Deer
Hert



Qigong beoefenaars imiteren de bewegingen van vijf dieren.



Bear
Beer



Monkey
Aap



Crane
Kraanvogel



QIGONG PRAGMATICS

16. Standing like a tree Staan als een boom



Standing like a tree

A powerful well-balanced posture to increase strength, concentration, deep breathing, chi flow and a tranquil mind. It develops the internal energy in an efficient way by supporting a free blood circulation and energy flow. Initially the posture may expose physical discomfort while after regular exercising soreness will give way to more pleasant sensations. Be aware of discomforts without rejection. Relax and focus on your breath and direct your mind to eliminate blocks and improve your well-being. The tests of discomfort, of fire and of patient growth are the distinguished stages of development. 'Standing like a tree' integrates mental, psychological and physical aspects in harmony. There is no right time for your exercise, begin with five minutes and expand as you need.

Staan als een boom

Een krachtige goed gebalanceerde houding ter verbetering van je sterkte, concentratie, ademhaling, de chi flow, en een kalme geest. De houding ontwikkelt de interne energie op efficiënte wijze door een vrije bloedcirculatie en energie flow. In het begin kan de oefening fysiek ongemak geven, doch normaliter krijgen na regelmatig oefenen plezieriger sensaties de overhand. Wees je bewust van ongemakken zonder ze af te wijzen. Ontspan en focus op ademhaling en je richt je geest om blokkades te elimineren en je welzijn te verbeteren. De test van het ongemak, de vuurproef en de geduldige groei zijn de te onderscheiden stappen. 'Staan als een boom' integreert de mentale, psychologische en fysieke aspecten in harmonie. Er is geen juiste tijd voor je oefening, begin bijv. met vijf minuten en breid uit zoals je nodig acht.

For detailed explanation, variants and benefits kindly refer to:
"Zhan Zhuang & The Search of Wu" by Dr. Yu Yong Nian.