

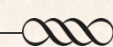
TAI CHI: YIN & YANG HARMONY
THREE OUTER AND THREE INNER HARMONIES

Dr. Hong Yang

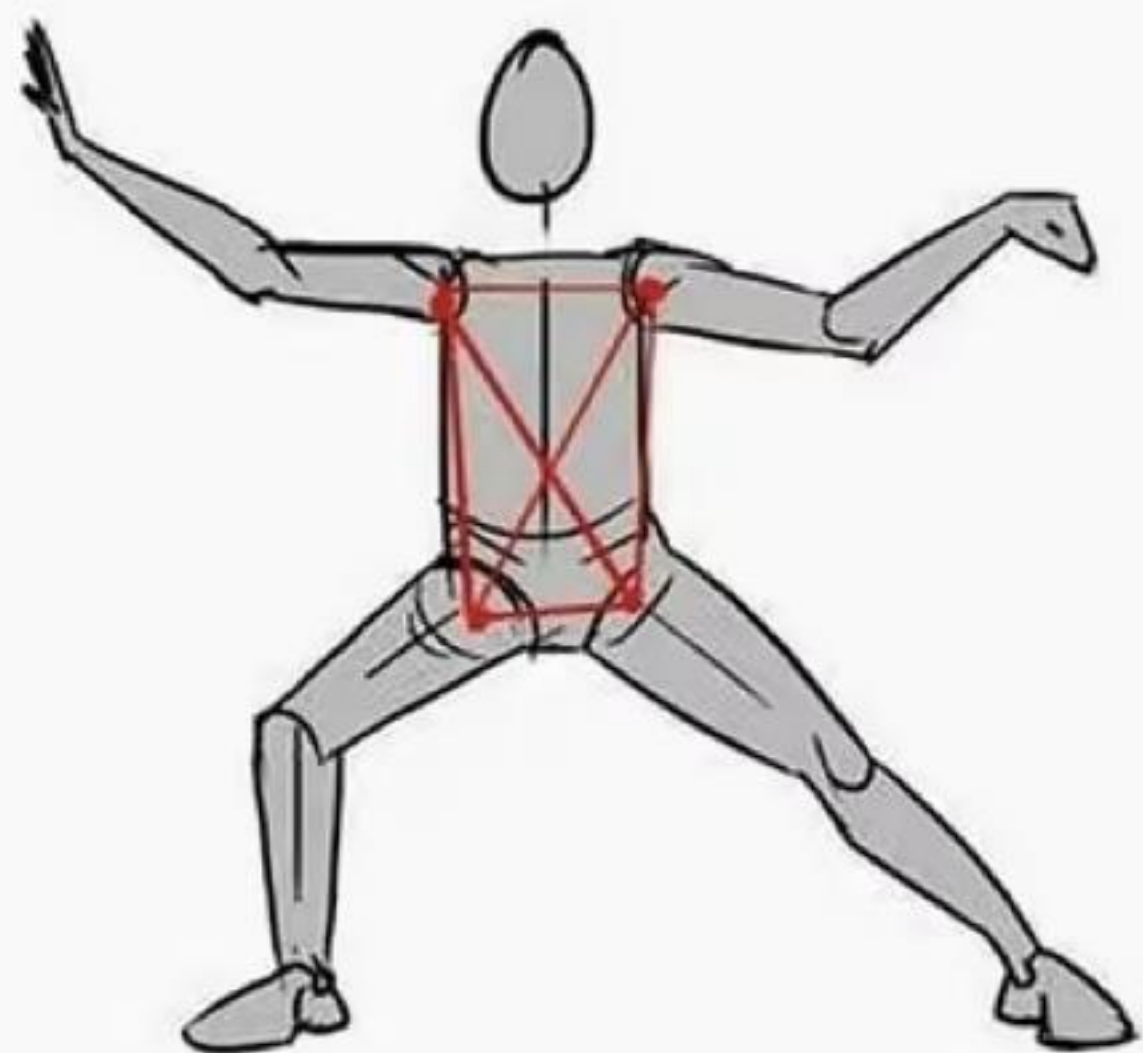
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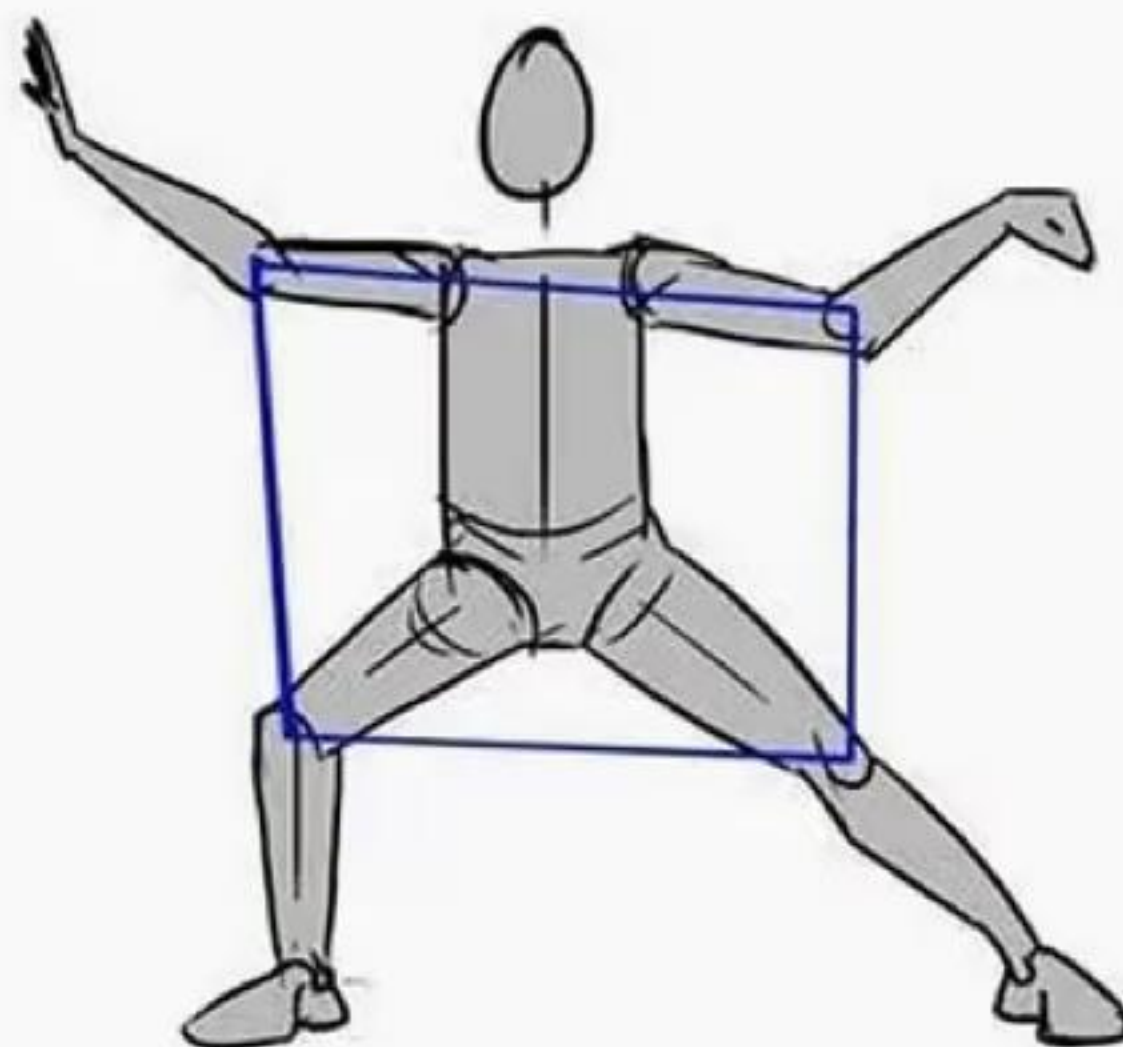
THREE OUTER HARMONIES



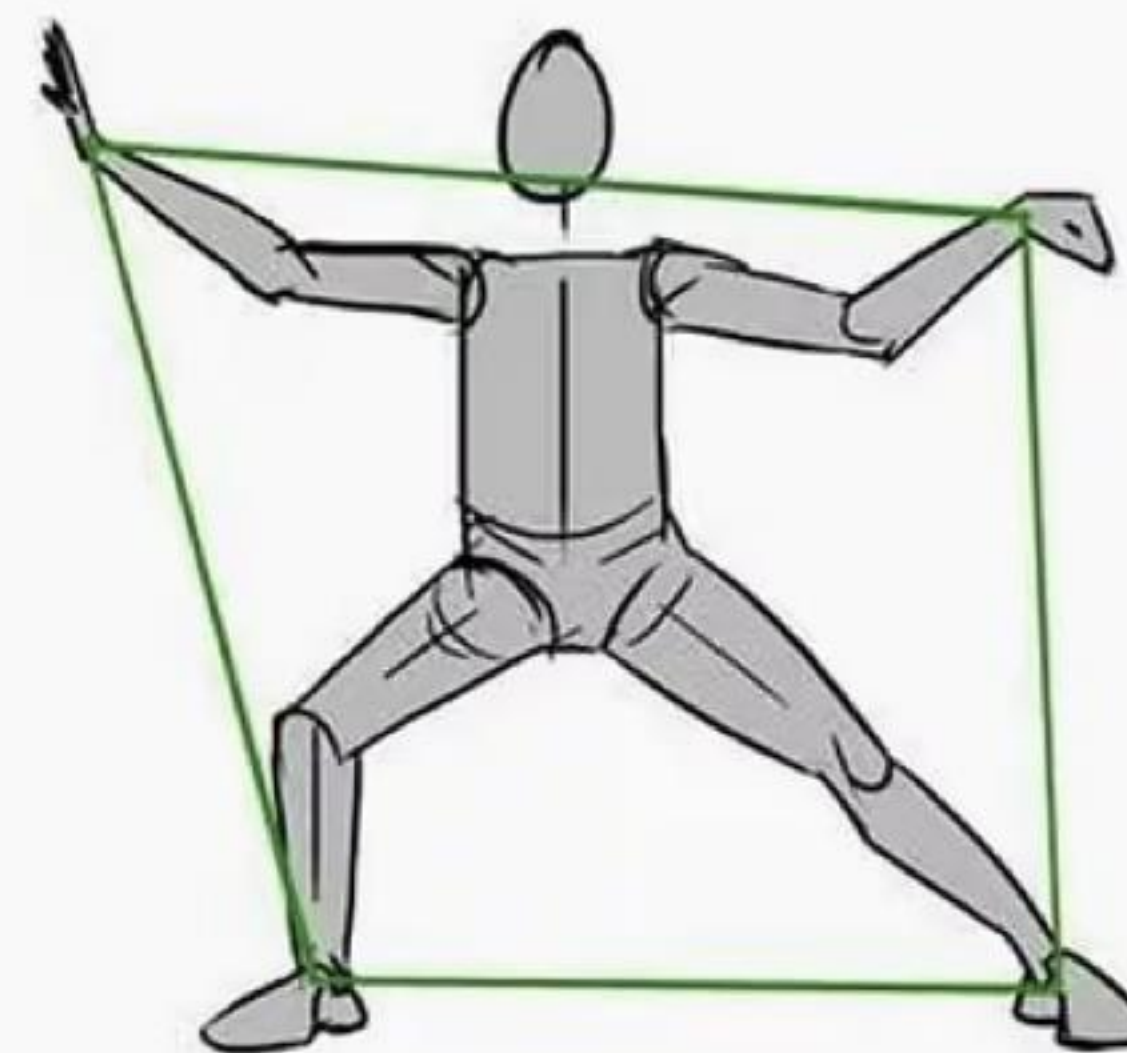
3 External Harmonies



Shoulders & Hips (Kua)



Elbows & Knees



Hands & Feet

THE THREE INTERNAL HARMONIES



- ❖ **Mind harmonizes with intention (Yi) - peace (定)**
- ❖ **Intention (Yi) harmonizes with Qi - energy (能量)**
- ❖ **Qi harmonizes with force (力) - Jin (劲)**

- ❖ **Note:**
 1. External Qi (breath in & out)
 2. Internal Qi built in before born
(气, 氣, 炁)

HARMONY OF INNER AND OUTER

One of the Examples: Tai Chi “Peng”

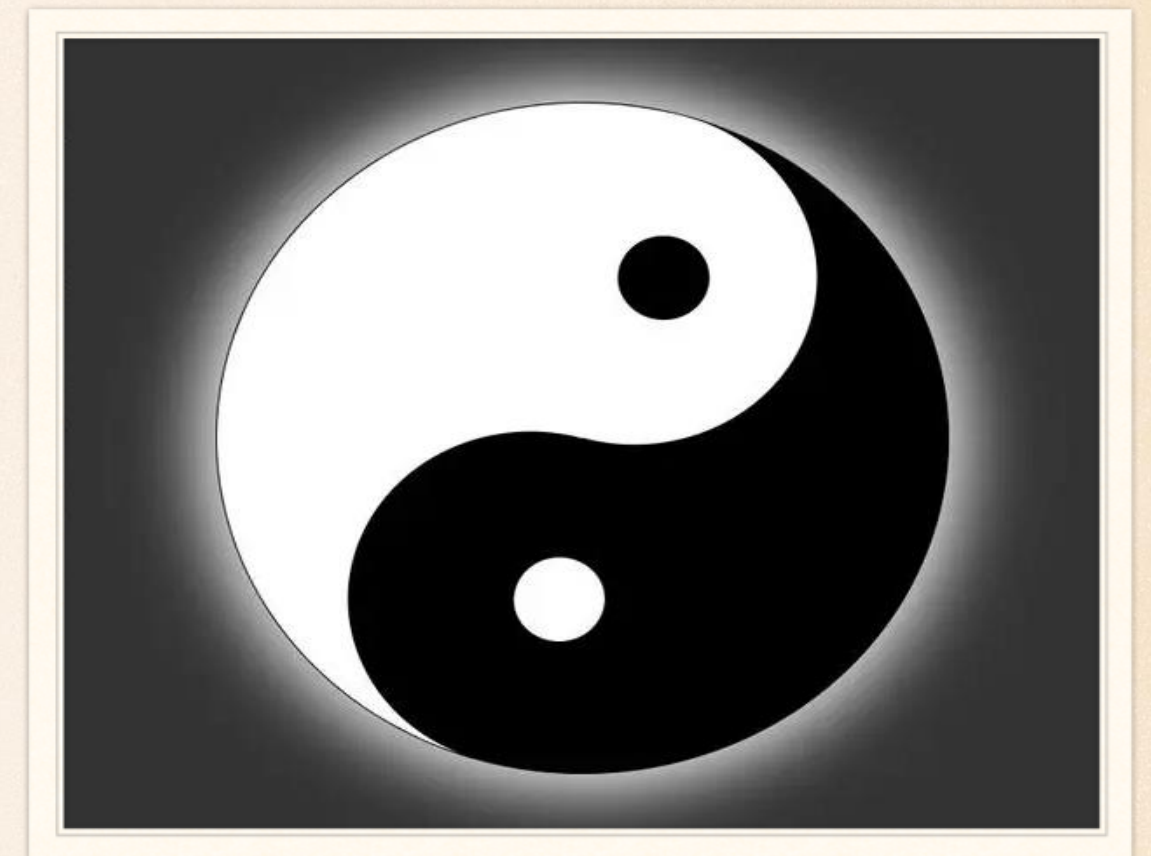
- ❖ **Peng is NOT just a posture but:**
 - 1. External physical harmonies (3 outer)**
 - 2. External and internal Qi expansion**
 - 3. Harmony of mind and intention changes**



UNDERSTANDING YIN & YANG IS ESSENTIAL

- ◆ Tai Chi is all about empty/solid and open/close for examples:
 1. Step forward (south) and backward (north)
 2. Step left (east) and right (west)
 3. Harmonize open and close in movements and life

- ◆ How to harmonize (balance) Yin & Yang?
 1. Understanding: theory/principles correctly
 2. Embodying: how to apply the principles in each movement



HARMONIZE INNER AND OUTER



Sun Lu Tang said: “The mind is internal, yet its reasoning extends to all things. Things are external, yet their principles are all there in the mind. The intention comes from the mind. Therefore, when the mind’s intention is genuine within, effects will manifest externally, internal and external always operating in unison.”

YIN & YANG HARMONY :

BOTH IN TAI CHI & LIFE

- ❖ Harmony of the empty foot and the solid foot
- ❖ Harmony of open and close in life
- ❖ Harmony with the natural rule
 - I am a bird flies in the air
 - I am a fish swims in the water



More Information and Questions?

Want to find Hong's workshops?

1. Go to www.TCHI.org find Tai Chi for health workshops
2. Go to www.taichizen.net and subscribe to get information for more Taichi lectures and other Taichi forms
3. Contact me: yanghong9922@gmail.com