

### Things to do when practising Taiji:

1. reduce activity of external senses (close down superficial mind)
2. turn awareness from outside world back into your own body, concentrate and listen inside using internal senses
3. allow the mind to gradually sink deeper by looking for more subtle aspects of the movement (e.g. small changes which precede the movement)
4. use intention and listen to the result with awareness - a deeper intention will produce more refined results, a deeper awareness will pick up more subtle things, hidden to the superficial mind

### With deep listening activate and use 4 out of 5 internal sensors:

1. joint position (improve outer accuracy)
2. muscle state (manage changes from contract-relax to stretch-unstretch)
3. pressure
4. warmth
5. (pain - not used)

Elastic forces (jin) are transmitted through the body in a wave of stretching muscles.

### Three types of waves:

1. longitudinal (compression) - 2. exercise; center movement: up/down
2. transversal (bamboo) - 5. exercise; center movement: forward/back
3. torsion (twist) - 3. exercise; center movement: horizontal turn

for dynamic illustration see

<http://www.patrickkellytaiji.com/TAIJIQUAN/MOVINGART/waves.html>

### Training of the intention:

- always close down surface part of the mind first and turn your awareness into the body/listen deeply to internal changes
- begin with moving the awareness thru the body
- move the mind with the waves of movement
  - a) with the maximum peak of waves of movement
  - b) then with the early stages of the waves of movement
  - c) then move the mind ahead of movement/with the pressure wave and with the internal changes which precede movement