

*Taiji Yang Style in the tradition of Zheng Manqing, following Master Huang Xingxian und Patrick Kelly  
A system for the Development of Inner Strength and Harmony through Concentration, Co-ordination and  
Relaxation of Mind, Energy and Body*

Deepening process of the mind happens on three levels:

1. over time/over the years (given you make a persistent/big/continuous effort in every training) – what was deepest level possible a few years ago later becomes easily accessible in every training
2. in the course of a training session: when you begin to train, coming from a busy life with the superficial mind very active, the mind first calms down, concentrates, is turned into the body, is pulled deeper by listening deeply to internal changes, and is at its deepest state at the end of the meditation
3. within one vertical circle:
  - mind concentrates when contracting/movement begins in phase 1,
  - closes down when releasing/in phase 2,
  - sinks deeper again when stretching and compressing in phase 3,
  - aim for deepest level in phase 4 when producing an intention and simultaneously using awareness to listen to the response in your body

Work from outside towards the internal:

- outer accuracy (use joint sensors)
- physiological process of release supports closing down of mind
- smooth movement of center, center moves first – produce smooth waves of movement followed by waves of release
- release & align (use muscle state & joint sensors), if done sufficiently, subtle internal pressures will occur: first between body and ground (foot pressure), later between various parts of the body

*Don't expect similar sensation in and around the waist like the one you've learned to detect in the foot. Sensation is much more subtle and requires a deeper level of awareness.*

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

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

Various methods/levels of training used in the 5<sup>th</sup> exercise/vertical circle in the form:

1. simple line of intention brings the center/whole body into correct movement  
send mind under the ground out into the distance, let the body follow
2. timing #1: mind&body together/in the same direction at the same time;  
wave of movement
  - contract/breath in/lift, mind up
  - release and align lower body to back foot, release and align upper body onto center
  - press the foot against the ground as you send mind out from the center – hip joint & front knee – breast bone (– and in the form: hands) advance

*Taiji Yang Style in the tradition of Zheng Manqing, following Master Huang Xingxian und Patrick Kelly  
A system for the Development of Inner Strength and Harmony through Concentration, Co-ordination and  
Relaxation of Mind, Energy and Body*

3. (main training)

timing #2: mind slightly ahead of the body in phase 1 (listen to internal changes before the body moves); mind moves further ahead in phase 2, mind&body in opposite direction in phase 3 when sinking

*cave: this requires a deeper level of the mind than when moving the mind with the direction of the body, otherwise sinking will stop!*

wave of pressure change

- mind lifts thru the body – then the body lifts
- mind to back foot/body floats, releases and aligns
- as upper body falls onto lower body, bring mind up from the foot and listen deeply in and around the center
- drop & rotate the center & send intention out from the center – listen to back foot pressure increasing – allow a wave to rise from the ground up – pelvis rotates – hip joint & front knee – breast bone (– and in the form: hands fill and) advance

*This “second circle” can and should be used in the pushing hands when you meet your partner’s resistance/stability:*

- drop the center to the ground – allow partner to fall as you create emptiness in your upper body thru releasing
- let the shoulder girdle drop and retreat hands, but don’t let go the connection (“hands back – shoulders down – center to the ground”) and
- let the wave of pressure naturally come up thru your own body and transmit into your partner, or alternately
- use one of the more simple methods to bring a wave from the ground up

Timings in the PH – connecting while yielding or while following in:

- while you yield, connect into your partners front foot,
- follow as the partner withdraws and tries to become stable,
- sink and build center, don’t let go the connection, don’t push into partner
- subtle pressure between the 2 partners increases until she goes

*Typically people tend to lose or weaken the connection when the partner retreats into her center. In this case you can still use a slower timing:*

- build the connection into your partner’s back foot while you follow her becoming stable;
- when you sense your partner’s stability or slight resistance, use the “second circle” as described above

*Avoid unconscious interactions/intentions by touching your partner/letting her touch before you even remember what to do; always use her first intention.*