

Li Yaxuan 35 Points on Push Hands (continued)

Points 31 to 35

Translated by Scott Meredith Nov. 2010

(31)

The art of push hands is essentially that of adherence and following without gaps or resistance. Only this is the true way. You must be able to smoothly manipulate his force. That a foundational skill. If you don't base your work off this, and instead you think about how to use your hand in some particular way, your foot some certain other way in your pushing then that's isn't the real spontaneous variability of Tai Chi. There is one fundamental Tai Chi principle that covers everything and that principle is no gaps, no resistance, borrow and manipulate his force. When he's hard I'm soft, adhere and follow, stick with him through every twist and turn, go along with him anywhere and don't cut corners. If you can develop that kind of ability you can handle any infinite kind of variation you may face. If you don't base your work from this idea you are wasting your time and you won't get anything good from your practice.

This is the principle of both push hands and free fighting and competition as well as anything kind of combat. They all rely on this. There is no second major principle, it all boils down to adhering and following skill. When you've practiced for a long time you'll get good at it.

32. Issuing Energy

- (1) Issuing energy requires sensitive perception to know the right spot. Otherwise you won't be able to sense his weak points and you'll miss your timing on the issuance of energy.
- (2) From now on, work harder on finding the right spot.
- (3) Before you issue energy, think of slightly relaxing and sinking your chest, think of your energy penetrating the opponent. Accompanying your issuing of energy with this thought is the only way it's going to succeed. If you are totally without any such intention, your energy won't have any effect. Take careful note of this.
- (4) When you issue energy, all the following must penetrate the opponent: your spirit power; your intention; your mind; and your qi energy. You must control all these with your mind up front before issuing energy. Otherwise your blast will lack that drilling-in type of effect.

- (5) Only by harnessing the above four attributes do you get the really amazing result. As far as I know, among all those who practice Tai Chi, only my teacher Yang Chengfu was able to do this. I've never seen anybody else able to do it. This is a unique attribute of Yang Chengfu's Tai Chi. As for all the other teacher and practitioners out there, they just have a bit of relaxation, a little root, and some limited energy coming from that – nothing more. They haven't yet understood the way to issue penetrative energy.