

MAGIC TORTOISE TAIJIQUAN SCHOOL

5. yínsè dài
銀色帶 Silver (color) ribbon/sash

6. zǐ dài
紫帶 Purple ribbon/sash

D. Legacy of Our Spiritual Leader, Master Jou Tsung-Hwa

1. Spiritual Philosophy

Tiān rén hé yī.
天人合一 Heaven and the individual are one and the same. This is a Daoist concept that is also translated as "the unity of heaven and mankind".

2. Definition of Taijiquan

Shǒu è bāguà, jiǎo tà wǔxíng.
手扼八卦，腳踏五行 Eight trigrams in the hands, five elements under the feet. Literally: "Hands hold eight trigrams, feet walk five elements". This definition is attributed to the Táng dynasty hermit Xū Xuānpíng. Master Jou felt that this definition expresses the true essence of tàijíquán.

3. Keys to Achieving Breakthroughs

1. qìgōng
[ch'i' kung']
氣功 Breath or energy work; specifically, "breathing without breathing" - concentrating on the dāntián.

2. chán sī jìn
纏絲勁 Silk reeling energy.

3. jìngzuò
靜坐 Meditation. Literally: "Quiet sit".

4. quán
拳 Form. Literally: "Fist, boxing".

MAGIC TORTOISE TAIJIQUAN SCHOOL

5. jīng
 經 Classics.

4. Essential Principles for the Practice of Internal Martial Art

1. Yào yǒu zì zhī.
 要有自知 Know yourself.
2. Jìn lì ér wéi.
 盡力而為 Do your best.
3. Guò yóu bù jí.
 過猶不及 Don't overdo it.
4. Rì jìn cùn gōng.
 日進寸功 Make a little progress every day.

MAGIC TORTOISE TAIJIQUAN SCHOOL

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MAGIC TORTOISE TAIJIQUAN SCHOOL

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MAGIC TORTOISE TAIJIQUAN SCHOOL

Index

Page numbers in **bold** refer to glossary entries for that term. Page numbers that are not bold refer to glossary entries in which the term is part of a multiple-character term or phrase. English words in parentheses are meant to help in distinguishing among similar pinyin words; they should not be considered complete or accurate definitions.

A

All Men Are Brothers. *See* Shuǐ Hǔ Zhuàn
àn (push), **36**
Art of War. *See* Sūnzi Bīng Fǎ

B

bā (eight), 25, 26, 29, 33, 35, 36, 50, **57**, 58, 70
bǎ (hold), 53, 54
bá (pull out), 39. *See* chōu (draw out)
Bá bèi, **39**
bā duàn jīn, **25, 29**
bāguà, **35**
Bāguà Dān Dǎo. *See* Tángquán
Bāguà Shuāng Dǎo. *See* Tángquán
Bāguà Shuāng Chuí. *See* Tángquán
Bāguàjiàn, **50**. *See* Tángquán
Bāguàqiāng. *See* Tángquán
Bāguàzhǎng, **26**
bǎi (hundred), 27, **58**
bǎi (swing), 48
bái (white), **60**
bǎihuì, **27**
bāmén, **36**
bān (class), 65
bàng (stick), **50**
bàngzi, **50**
bào (embrace), 30
bāo (envelop), 69
bǎo (treasure), 12
bào tàijí, **30**
bāzìbù, **33**
bèi (back), **26**, 39, 53
běi (north), 1, 3, 14, 22, **59**
bèi (prepare), 31, 67
Běi Héngshān, **1**
Běi Nán Cháo, **14**
běi shàolín. *See* běi wǔshù
běi tàijíquán. *See* běi wǔshù
běi wǔshù, **22**
Běijīng, **3**
Běipíng. *See* Běijīng
bèn (awkward), **35**
bēng (burst), **55**
bǐ (brush), **12**
biàn (occurrence), 66, 67
biān (whip), **50**, 51, 52
biāngǎn, **50**
biānzi, **50**
biǎo (appearance), 24

biǎoyǎn wǔshù, **24**
bié (do not), 64
biékèqì, **64**
bīng (handle), 53
bīng (heavenly stem), **8**
bìng (merge), 32
bīng (soldier), **17, 50**
bìngbù, **32**
bīngqì, **50**
bìxué. *See* diǎnxué
Bodhidharma. *See* Dá Mó
Book of Changes, The. *See* Yì Jīng
Book of History, The. *See* Shū Jīng
Book of Poetry, The. *See* Shī Jīng
Book of the Way and Virtue, The. *See* Dào Dé Jīng
BoPoMoFo, vi
Boxers. *See* Qīng (dynasty)
bù (not), 49, **62**, 63, 66, 71
bù (step, stance), 25, **30**, 31, 32, 33, 38
Bù dīu bù dīng, **49**
bù dòng, **66**
bù hǎo, **62**
Bù xiè, **63**
Bù yōng xiè. *See* Bù xiè
Buddhism, 4

C

cǎi (pull down), **37**
cái (talent), 34
Cài Lún. *See* zhǐ (paper)
Canton. *See* Guǎngzhōu
Cantonese. *See* Guǎngdōnghuà
cǎo (writing style), **20**
Cáo Xuèqín. *See* Hóng Lóu Mèng
Cathay. *See* Liáo (dynasty)
cè (side), 32, 48
cègēnbù, **32**
cègōngbù. *See* pūbù
cètī, **48**
Chán, **4**
chán (bind), 33, 70
chán sī jìn, **33, 70**
cháng (long), 1, 53
cháng suì, **53**
Chang¹ San¹ Feng¹. *See* Zhāng Sānfēng
Changes, The Book of. *See* Yì Jīng
Chángjiāng, **1**
cháo (royal court, dynasty), 14
chén (earthly branch), **9**
chén (sink), 40
Chén Fākē, **43**