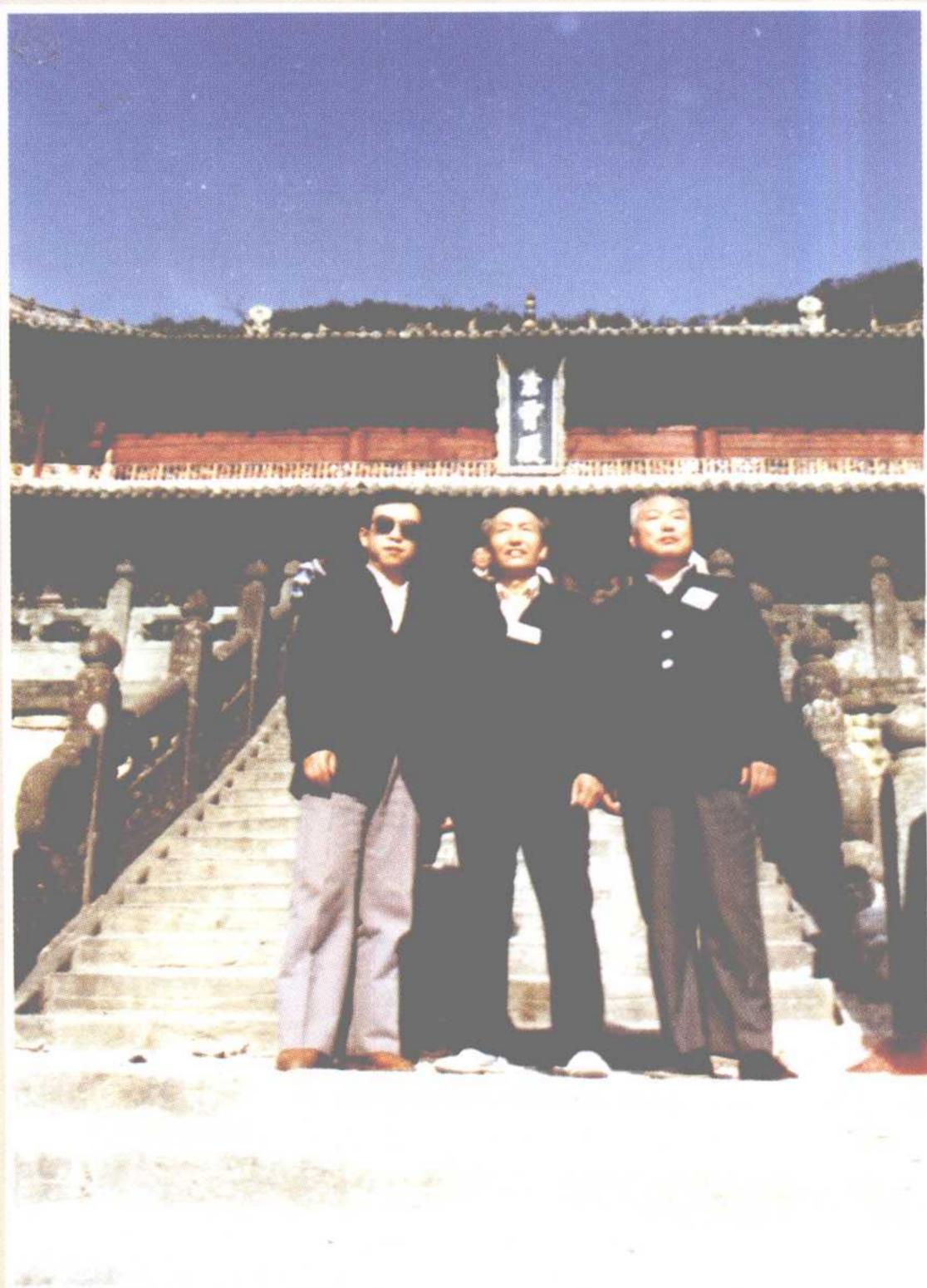
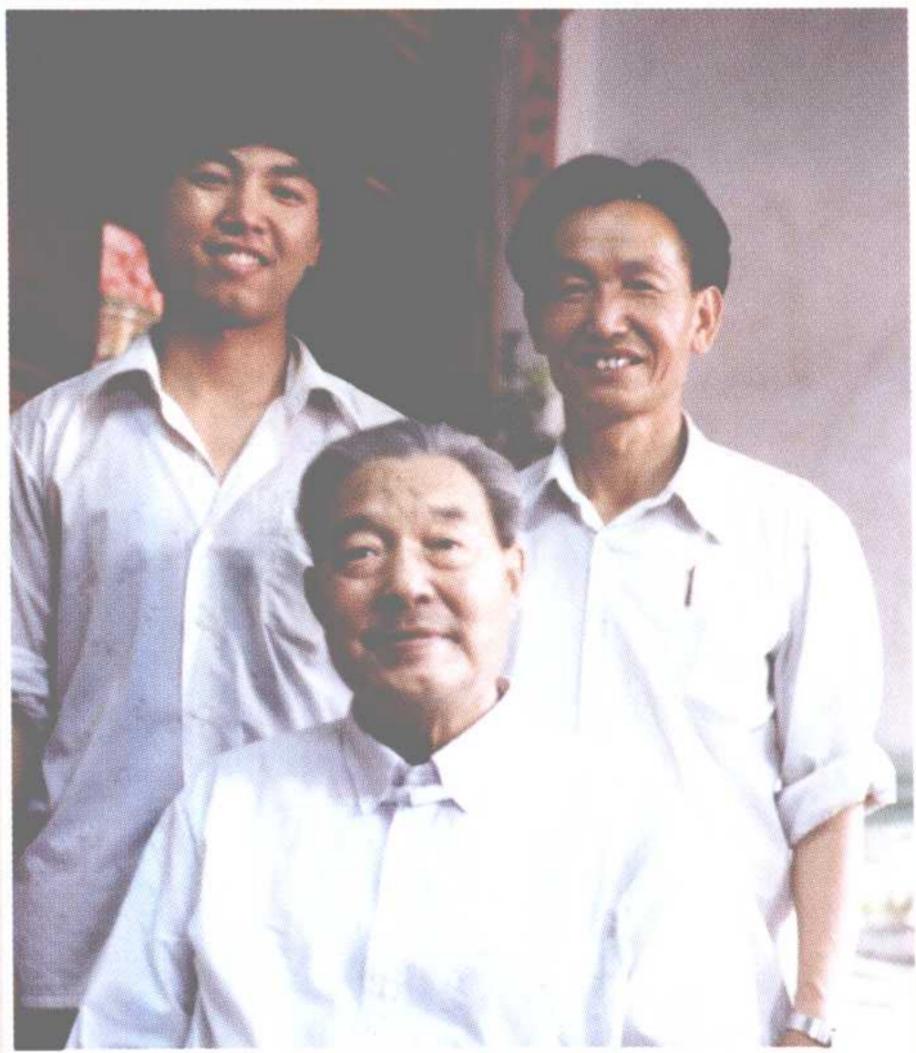




作者近照

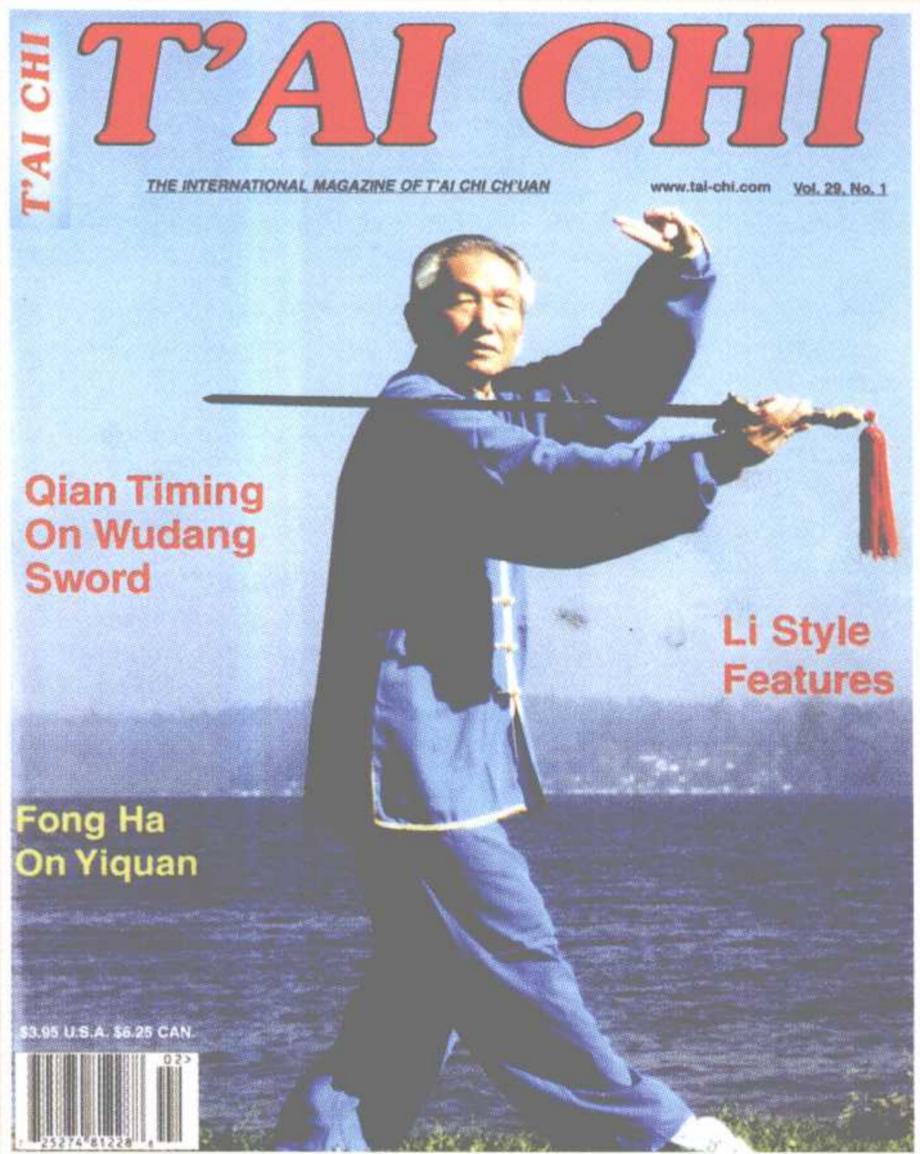
1987年，作者携长子钱新天  
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与李宏、吴志泉在武  
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## The Dao of Yin Yang Zhong He

By Qian Timing

English translation/interpretation by Dr. Mei-hui Lu.

### Introduction to Wu Dang Dan Pai Martial Arts: Part I

"The Dao (Way) of Yin Yang Zhong He (harmony, neutralization)" can mean two things. It can refer to the method with which to create a harmonized body of Yin and Yang qi (energy).

It can also mean to use Zhong He as the major technique for one to develop one's essential virtues and master martial art skills.

Despite the difference in the definitions, the nature and content of them are actually the same. The way of creating a harmonized body of Yin and Yang is the soul of Taijiquan.

This topic has never been openly discussed in Wu Dang Dan Pai. Even in the contemporary martial art world, it has rarely been mentioned.

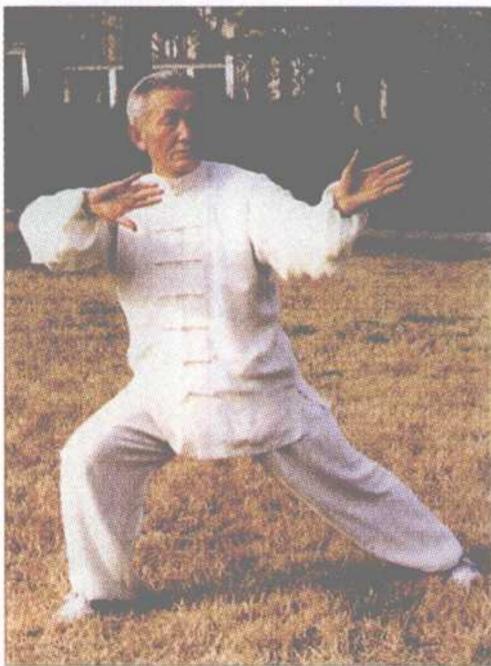
In order to help people to practice Taijiquan more efficiently, we hereby present this discussion of the meanings of the qi of Zhong He, the importance of it to master Taijiquan, the methods to train it and to utilize it to learn to dong jing (understanding the force) as well as its applications in push hands.

We hope that this exploration in the philosophical foundation of Taijiquan will help the readers to understand more about the essence of this art and hence improve the quality of their training.

### Yi (One) Qi and Er (Two) Qi

Yi Qi means "the particular One Qi of Taiji" while Er Qi refers to "the two types of Qi of Yin and Yang."

These two terms were originated



Qian Timing in Wu Dang style Free-Step Long Fist: Big Roc Spreading out its Wings.

helps us to find the way to improve our practice of Taijiquan.

Taiji is a term that ancient Chinese philosophers used when they were exploring the forming process of the universe. The philosophical concept of it was revealed in the Confucian com-

mentaries on "Zhou Yi, [1]" the I Ching, or Book of Change.

Zhuang Zi [2] later discussed the term Taiji in his famous writings.

Zhou Dun-Yi, the creator of Confucian school of Idealist Philosophy in the Song Dynasty, reinterpreted and enriched the Zhou Yi, coming up with a new, complete system of Taiji philosophical theory.

The ancient philosophers held that, at the first stage of the formation of the universe, everything was of no shape, i. e., in a state of "Wuji." Later on, shapes were gradually formed.

However, the whole universe was still in chaos. All the qi was fused together- in the form of so called "Taiji Yi Qi," "Hun Yuan Yi Qi," or "Prenatal Primary Qi."

At this point, the universe was at the stage of "Taiji." After a long period of time of experiencing alternate changes between moving and stillness, Yin and Yang energies started to breed within the body of Taiji, but they were still encompassed by Taiji Yi Qi and had not yet been separated from each other.

The Taiji symbol with the Yin Yang fish inside the circle, which is commonly seen, shows this stage of evolution in the universe.

Following the stage of Taiji Yi Qi,

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Translator/Interpreter/Editor Mei-hui Lu is a 13th generation indoor disciple of Qian. She has her Ph.D. in

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