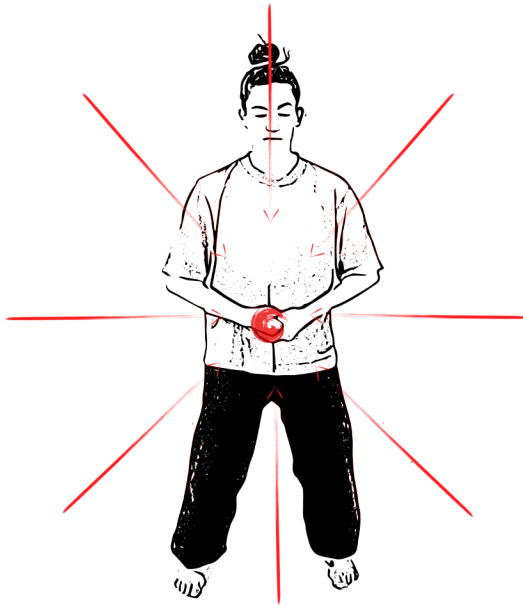


# Two Expression of Tai Ji Quan

## Yin and Yang

Yin



### Yin Expression:

- Movement from all directions into the Center.
- Releasing Structure In - Body is emptying into one point: Black Hole
- Receiving from periphery into the center point
- Eight Energies: Lü Jin - Stroking

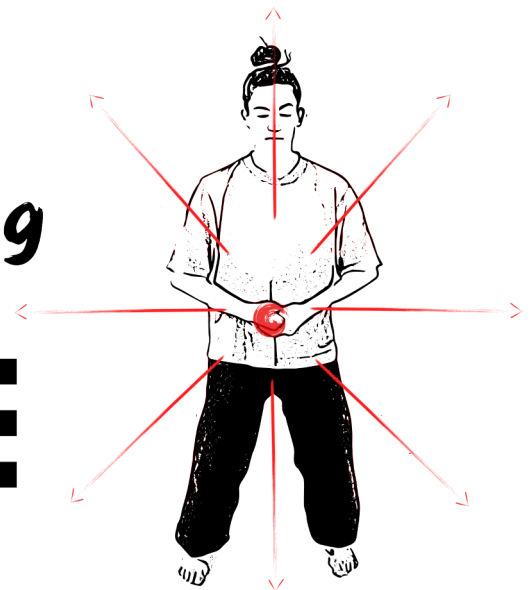
### Yang Expression:

- Movement from the center away into all directions
- Releasing Structure Out - Body is filling into space: Expanding Universe
- Sending from center point out into the periphery
- Eight Energies: Peng Jin - Expanding

### The Center and Yin and Yang:

- Every motion is guided by the center
- Center harmonizes all body parts to one unit.
- This makes movement either to a Yin chain or a Yang chain motion.
- Base for every motion becomes the balance between structure and release
- Movements become extension of natural breathing motion.
- Yin and Yang are the same, just the direction are opposite.
- The more we empty the more we fill: WU WEI

Yang



Each Tai Ji motion, along with the majority of motions in internal martial arts, **adheres to the guidance of the center**. The center's role is to **harmonize the entire body into a unified working unit**. For instance, the power generated by the legs can complement the force exerted by the arms, and vice versa.

This signifies that each motion is **either initiated from the center or drawn in**. The movement is then guided by a **chain like motion, either inward (Yin Chain) or outward (Yang Chain)**. Much like our breath, our motions consistently exchanges between expansion and contraction. This characteristic transforms Tai Ji Quan into a **form of breathing meditation**. **Our motions extend the natural breathing pattern** into a movement form in space, synchronizing both the flow of motion as well as our natural breathing rhythm.

From one, the center point, arises two: the two expressions. From two, emerges three, leading to the eight phases of Tai Ji. This constitutes the fundamental **movement and energetic codex** that underpins every motion. Much like an alphabet, it forms the language of Tai Ji Quan. The Two Expressions are categorized as **Yin movement towards the center and Yang movement away from the center**.

It is absolutely fundamental to understand that **both Yin and Yang Expressions are forms of releasing**. Only when our body achieves softness through a connected body structure can it guide motion freely. Only then can the body begin to listen to the voice of the center, and harmonize in each motion.

This means that both Yin and Yang Expressions are forms of releasing and connecting the body. **Yin and Yang ultimately represent the same energy**; it is the **position of the center point that defines them as opposites**, determining whether the motion is leaving or entering the center.

This understanding is crucial, as it prevents us from misunderstanding Yang as tension and Yin as lack of tension. Instead, we must learn how to create a **releasing structure away from the body** (like an expanding universe) and a **releasing structure into the body** (like a black hole).

Therefore, the **essence of Tai Ji, embodied in the Two Expressions and later the 8 Energies, lies in the capacity to soften both body and mind**. The more we connect and soften our body and mind, the less energy we waste, and the more our body can fill with what we refer to as Peng Jin - Expanding Energy. Peng Yin is perceived as the primordial energy of the universe, from which all 8 Energies arise. As previously described, also Yin is essentially 'Peng Jin,' simply though it moves inward towards the center rather than away from it.

In conclusion, at the core of every movement and power generated in Tai Ji resides softness. **The more we release tension from the body and empty the mind, the more both body and mind are filled.**" - WU WEI