

INTERNAL WUSHU ARTS

NEWSLETTER

A.T.Dale - P.O. Box 77040 - Seattle WA 98177 - (206)283-0055

PENG JIN / BIG FRAME

Peng is the most basic energy/strength (jin) we learn and develop as we practice Tai Chi and Pa Kua correctly. We can begin to develop this energy once we feel comfortable in knowing the forms we are working on. This is once we don't have to think about what movement comes next.

On a physical and structural level, peng is keeping our body shape rounded and our limbs curved. The arms and legs never completely straighten. They're always in a curved position. This curve of our arms and legs give us a structure that unites our entire body together. Any force applied to us is grounded by this curve. The sharper the angle of our limbs the less likely Peng Jin can be developed and applied.

On an energy level this is a buoyant quality to our movements and feelings. When pressure is applied it's as if you are water supporting a boat. your partner should feel like they're applying pressure to a ball. It's also like standing on ice. Though you may be applying force downward your feet want to slide to the side as you exert more force down.

The idea of peng jin is as if you are the center of a large sphere. The true center is your tantien, your energy radiates a sphere in all directions. First, this sphere becomes your body, next let your awareness expand into the room, then in all directions into the universe.

This brings us to large frame practice. As you practice let your movements expand and be large. This doesn't mean reaching too far forward on in any one direction. It's letting your movements reach to an open expanded position. At the end of each

posture you should feel very balanced and open. This style 'Large Frame Yang Tai Chi Chuan' was made popular by Master Yang, Cheng-fu and is the yang style most people associate with Tai Chi Chuan. similar to the Crane and Clam chi kung the end of every posture should be slightly stretched and open.

This month I'd like you to focus on all your forms large and open. Don't neglect your feet or stance. Keep the lower body peng jin to ground you. Your feet have even pressure on the ground, this does not mean double weighting. Even with this large frame don't forget to work on the fa-sung as each posture arrives.