



Chén Xīn 陳鑫 Instructions for Tàijíquán

1. Xū lǐng dǐng jìn, Qì chén Dāntián 虛領頂勁，氣沉丹田
- Body feels light and keep energy externally. Qi sinks to the Dāntián
2. Kāi hé xū shí, hūxī zìrán 開合虛實，呼吸自然
- Opening and closing, Firm and Light, Breathe Naturally
3. Xīnjìng shēn zhèng, Yǐ yì yùndòng 心靜身正，以意運動
- Calm down, stand straight and mind focused on the movements
4. Qīng líng yuán zhuǎn, Zhōng qì guàn zú 輕靈圓轉，中氣貫足
- Light body, turn easily, Qi flows through the whole body and reaches the feet
5. Chánràò yùndòng, Shūchàng Jīngluò 纏繞運動，舒暢經絡
- Spiralling movement helps smooth the channels
6. Shàngxià xiāng suí, Nèiwài xiānghé 上下相隨，內外相合
- Up and down movements are continuous, internal and external movements are related
7. Shàngxià Xiāng Suí, Nèiwài Xiānghé 上下相隨，內外相合
- Upper body connects with body movement, internal body connects with the external body
8. Hánxiōng bá bèi, chén jiān zhuì zhǒu 含胸拔背，沉肩墜肘
- Loose chest, straight back, sink the shoulders and elbows
9. Gāng Róu Xiāng Jì 剛柔相濟
- Make soft and hard work together
10. Xiān màn hòu kuài, kuài ér fù màn 先慢後快，快而復慢
- Slow in the beginning, fast later, then fast returns to slow
11. Cuàn bēn tiàoyuè, hū shàng hū xià 牽奔跳躍，忽上忽下
- Jumping, leaping over, sometimes up, sometimes down
12. Gāng róu jù mǐn, — piàn shén xíng 剛柔俱泯，一片神行
- Hard and soft are all gone, everything comes from your heart
13. Péiyǎng běn yuán, qín xué kǔ liàn 培養本元，勤學苦練
- Cultivate the Original Qi, practise regularly