



## Shùn and Nì Chán Sī Jìn 順逆纏絲勁

Chán Sī Jìn 纏絲勁 is the most important aspect of Chén Shì Tàijíquán 陈式太极拳 - Chén Style Tàijíquán. Once we have practised the Chán Sī Jìn exercises, then we can cover all the movements in the forms, whether it is Lǎojià 老架 – Old Frame or Xīnjià 新架 – New Frame.

“Chán 纏” means “Spiralling” or “Reeling”, “Sī 絲” means “Silk” and “Jìn 勁” means “Internal Power”. By practising the Chán Sī Jìn exercises you will come to understand how to perform the Chén Style Tàijíquán movements. The movements all come from the Dāntián 丹田 and spiral out over the whole body, finally to the fingertips and the toes. Practising Chán Sī Jìn will also make you healthy and also prepare you to develop the fighting skill of Chén Shì Tàijíquán

### Movement Method System

*Each exercise has eight methods of movement*

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|---------------------------------|---|
| a. 順 Shùn,                      | g. 逆順開合 Shùn and Nì Opening and Closing |
| b. 逆 Nì                         |   |
| c. 順—前—後 Shùn One After Another | h. 順逆開合 Nì and Shùn Opening and Closing |
| d. 逆—前—後 Nì One After Another   |   |
| e. 順逆 One Shùn, One Nì          | i. 平 Horizontal                         |
| f. 逆順 One Nì One Shùn           |   |

1. 兩側 Sides
2. 轉腰 Turn Waist
3. 前後 Front and Back
4. 大小 Big and Small

#### Footwork

5. 進退 Forward and Backward
6. 左右 Left and right (side way)