



黄氏〈太极拳道〉基本功

Huáng Shí Tài Jí Jī Běn Gòng
Huang's Tai Chi Chuan Tao Basics

浑元站桩 Hún Yuán Zhàn Zhuāng

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口令一

kǒu lìng yí

Commands (1st)

摘要

Particulars

练习浑元站桩:

liàn xí hún yuán zhàn zhuāng:

The Practise of Huang Yuan Zhan Zhuang:

立正预备:

lí zhèng yù bèi:

Stand to attention:

Stand to attention, heels close together (not touching), knees slightly bent, both hands on side of thighs with middle finger touching Feng Shi point.

全身放松:

quán shēn fàng sōng:

Whole body Song:

All your muscles, joints, tendons [ligaments, veins] Song and open.

精神集中:

jīng shén jí zhōng:

Focus your mind:

Concentrate. Don't think about anything else.

虚灵顶劲:

xū líng dǐng jìn:

Head suspended:

Head and neck Song, face level, head suspended - don't let it drop, back of neck stretching, chin tucked in, ear lobes hanging, crown of head (Bai Lui) centred/not tilted.

两眼平视:

liǎng yǎn píng shì:

Eyes level and unfocused:

Both eyes level, bring in awareness, eyes not focused.

舌抵上腭:

shé dǐ shàng è:

Tip of tongue on roof of mouth: Touch the tip of the tongue on the roof of the mouth [above teeth], mouth and teeth [relaxed] not open and not closed.

松肩坠肘:

sōng jiān zhuì zhǒu:

Shoulders Song, release elbows: From shoulders to hands; muscles, joints, tendons – all totally Song. Shoulders & elbow released, both hands lightly touching side of thighs (Feng Shi point).

含胸拔背:

hán xiōng bá bèi:

Chest & shoulder blades flat: Chest naturally released but not closed, don't shrug or hunch shoulders, muscles at front of shoulders and shoulder blade muscles not tight but natural.

腰胯尾闾收正:

yaō kuà wěi lǚ shōu zhèng:

Waist, Qua & Wei Li

in correct position:

Song waist and Qua, tuck in buttocks, bring in Qua, Perineum (Hui Yin point) centred, first 6 bones of the spine is the Wei Li (altogether there are 34 bones in the spine), tuck-in buttocks until Wei Li is straight.

意守丹田:

yì shǒu dān tián:

Yi in Dan Tian:

Mind (Yi) in Dan Tian. Position of Dan Tian is 1.3" below belly button & inside the body; closer to the belly button than the spine.

膝盖慢慢弯下:

xí gài màn màn wān xià:

Knees slowly bow:

Upper legs Song, knees Song, automatic Song down, arms & body become shorter like a bow, fingers lightly touching thighs (Feng Shi point) & fingers don't move down, lower legs Song, ankles Song, step lightly on soles – like cotton.

平均平稳松坐两脚:

píng jūn píng wěn sōng zuò liáng jiǎo:

Song onto both legs

– equally and steadily:

Song onto both feet, don't press legs, Song onto bubbling well (Yong Quan) points, maintain centre.

意由脚掌心升起:

yì yóu jiǎo zhǎng xīn shēng qǐ:

Yi comes up from

bubbling well point:

Connect the previous command, Song onto bubbling well points, think Song up from soles & bubbling well points, through ankles, through lower legs, through knees, & upper legs, Qua, buttocks, waist, back, shoulders, arms, hands, neck, head, face.

双脚慢慢站直:

shuāng jiǎo màn màn zhàn zhì:

Straighten both legs slowly:

knees straighten about 90%, both arms straighten but slightly bowed, finger tips Song lightly on thighs (Feng Shi).

Important points: Practise Hun Yuan Zhan Zhuang in the standing position. Use Song and Yi to achieve the following factors – calmness, centred, Song is fine, Open & Close, Yi & Qi is always present. It doesn't matter if still or moving, Hun Yuan Zhan Zhuang is always present. When doing Hun Yuan Zhan Zhuang there are different levels of requirements, depending on the level of standard.

What are the requirements for beginners:

- 1) Always keep centre – head suspended and centred. 3 points (crown, perineum, bubbling well) connected in one line.
- 2) Using Yi to bring Song – beginner's bodies do not have Song internally or externally. Beginner's bodies have no sense of Yi or Qi and cannot use Yi to achieve Song. The commands are used to help beginners to find Song. Beginners should use this method to train Song inside and outside the body, so that eventually when you think Song, it brings Song.

3) Up, down, open, close – body going up and down is training for stretching, contracting, opening and closing. To train Open and Close at a basic level you need to open awareness (Yi) , open energy (Qi), open body , close awareness, close energy, close body.

< 口令二 >

kǒu lìng èr Commands (2nd)

sōng xià, jīng shén fàng sōng, tóu, liǎn fàng sōng, jǐng fàng sōng, jiān shǒu fàng sōng, xiōng, bèi fàng sōng, yāo kuà, wěi lǚ fàng sōng, dà tuǐ, xī gài fàng sōng, xiǎo tuǐ jiǎo wàn fàng sōng, yì sōng dào jiǎo zhǎng xīn,	Song down, Mind Song, Head and face Song, Neck Song, Shoulders, arms and hands Song, Chest and back Song, Waist and tailbone Song, Upper legs and knees Song, Lower legs and ankles Song, Yi Song down to bubbling well points,	松下, 精神放松, 头,脸放松, 颈放松, 肩,手放松, 胸,背放松, 腰胯尾闾放松, 大腿,膝盖放松, 小腿,脚腕放松, 意松到脚掌心,
qǐ..... yì yóu jiǎo zhǎng xīn shēng qǐ, shēng zhījiǎo wàn, xiǎo tuǐ, xī gài, dà tuǐ, kuà,tún, yāo, bèi,jiān shǒu, yāo, bèi,jiān shǒu,	Uuuuuuuuuuuuuup. Yi comes up from bubbling well points, Through ankles, Lower legs, knees, Upper legs, Qua, buttocks, Hip, back, shoulders, arms, hands, Neck, head, face.	起。。。。 意由脚掌心起, 升至脚腕, 小腿,膝盖, 大腿,胯,臀, 腰,背,肩手, 颈,头,脸.

Important points:

- 1) Command number 1 is traditional, harder to understand, commands are longer and slower. Yi can be broken but it is good to think of only one thing; to think Song, which is the goal.
- 2) Command number 2 is basic, easier to understand, commands are short and faster. After practicing slow then going faster, it helps Yi connect.

Commands (3rd)

sōng ...xià... Sooooooooong Dooooooooonw 松 ...下.....
qǐ... Uuuuuuuuuuuuuup 起.....
[repeat 3rd Command several times]

Important points : Song down and Song up. Once you Song, the whole body is Song and can not be stopped, so then Yi is connected. (Those who have had more training can feel this).

开合脚
kāi hé jiǎo
Open & Close Legs

Commands

Particulars

立正屈膝松下

lǐ zhèng qū xī sōng xià:

Stand to attention,

release knees, Song down:

At attention, heels close together, both knees slightly bent, both hands parallel to side of thighs.

练习开脚:

liàn xí kāi jiǎo:

The Practise of Open Legs:

1, 松坐右脚:

yí, sōng zuò yòu jiǎo:

1. Song onto right leg:

Use Yi to Song whole body, use Song to sit on right leg, use Yi to focus the Song.

2, 左脚轻, 脚跟翘起, 脚跟转正:

èr, zuǒ jiǎo qīng, jiǎo gēn qiào qǐ, jiǎo gēn zhuǎn zhèng:

2. Left leg empty, lift heel

slightly, turn heel to

straighten foot:

Left leg must be very light at this moment, especially left Qua must Song open, don't move toes;turn heel out.

3, 左分脚:

sān, zuǒ fēn jiǎo:

3. Open left leg:

Left leg slides one step to width of shoulders.

4, 腰胯转右, 松坐左脚:

sì, yāo kuà zhuǎn yòu, sōng zuò zuǒ jiǎo:

4. Waist & Qua turn right,

Song onto left leg:

Bring weight slowly to left leg, use Yi to sit with Song onto left leg when adjusting centre, turn waist 45°.

5, 腰胯转正, 右脚尖转正:

wǔ, yāo kuà zhuǎn zhèng, yòu jiǎo jiān zhuǎn zhèng:

5. Waist & Qua turn back,

right toes turns in:

Waist and Qua turn to front, at same time use heel as pivot to bring right toes in [feet will now be parallel].

6, 松下:

liù, sōng xià:

6. Song down:

Make the whole body Song and Song [equally] onto both legs.

练习合脚:

liàn xí hé jiǎo

The Practise of Close Legs:

1, 松坐右脚:

yí, sōng zuò yòu jiǎo:

1. Song onto right leg: Use the concept of Yi to sit with Song onto right leg.

2, 左脚尖开:

èr, zuǒ jiǎo jiān kāi:

2. Left toes open: Use left heel as pivot, then left toes open [toes turn out about 30°] but body and Qua doesn't move.

3, 腰胯转左, 松坐左脚, 右脚跟起:

sān, yāo kuà zhuǎn zuǒ, sōng zuò zuǒ jiǎo, yòu jiǎo gēn qǐ:

3. Waist & Qua turn left,
Song onto left leg,
right heel lifts up:

Waist and Qua turn left 45°, move forward, use the concept of Yi to sit with Song onto left leg, right leg is light and right heel automatically comes up.

4, 腰胯转正, 右脚跟转正:

sì, yāo kuà zhuǎn zhèng, yòu jiǎo gēn zhuǎn zhèng:

4. Turn waist, Qua & right
heel to original position:

body, waist and Qua turn [using Song] to original starting position, right heel goes back to original starting position [i.e. heel turns in].

5, 收右脚, 松下:

wǔ, shōu yòu jiǎo, sōng xià:

5. Slide right foot
& Song down:

right heel slides back, heels close together, ready to stand at attention, sit with Song onto both legs equally.

6, 双脚慢慢站直:

liù, shuāng jiǎo màn màn zhàn zhí:

6. Straighten both legs slowly: about 90% straight is standard.

Important Points: For Open & Close Legs, both parts have 6 separate movements, the emphasis is on the lower part of the body. When you do the movements correctly you will achieve the following goals:-

- 1) Training the relationship between body centre and weight centre when moving.
- 2) The application of separation of full or empty in each leg
- 3) The application of Song in the joints of the Qua, knees and ankles.

Glossary

- Bai Hui** - acupuncture point GV20 'Hundreds meeting' point on crown of the head
Feng Shi - acupuncture point GB31 on the midline of the outside of the thigh where middle fingers touch when arms are extended
Hui Yin - acupuncture point CV1, the Perineum
Song - release/relax/soft/sink, there is no correct English word
Dan Tian - the physical centre of gravity located in the abdomen three finger widths below and two finger widths behind the navel.
Qi - energy
Qua - hip joints
Yi - awareness/mindfulness/concentration
Wei Li - 6 spine bones of the tailbone (coccyx)
Yong Qua - Bubbling or Gushing Well, acupuncture point KI1 on sole of foot about a third of the distance from the webs of the toes to the heel

NB: This is a basic translation by me with the help of Chew Tiek Chuan, Lim Jit King & Sumanasena. An official version with the commands in Pinyin will be done at a latter date. Additional notes by me are bracketed with [] and I have added the glossary. Paul Cummins. 17th Sept 2008

[FIN]



黄氏<太极拳道>基本功< 口令位置图 >

