



Taijiquan Yin-Yang Silk Twining Training Master Class with Master Sam Masich on ZOOM



Level One, Session Four *Peng, Lü, Ji, An*

Taijiquan Yin-Yang Silk Twining Training (*Yin-Yang Chansigong* 陰陽纏絲功)

Yin-Yang Chansigong (陰陽纏絲功) is one of the most important *taijiquan* practices for developing continuity and power. Silk-twining brings together *taijiquan* core-principles with *taijiquan* forms and can be understood as the glue that binds theory and practice. *Chansigong* is most often associated with Chen-style Taijiquan and, to a lesser extent, with Wu-style Taijiquan, however, it is also very much a component of the Yang-style Taijiquan. While it is greatly beneficial to all areas of internal-arts training, *chansigong* is almost completely unknown to Yang-style Taijiquan players as it has traditionally been taught in ‘closed-door’ settings.

Three terms are commonly used in relation to *chansi* practice. The most frequently used is ‘*chansijin*’ (纏絲勁) which refers to the martial-kinetic qualities (*jin* 勁) of the twining actions. The word ‘*chansigong*’ (纏絲功) refers to practices (*gong* 功) that use *chansijin*. A less-known term, ‘*chansijing*’ (纏絲精), refers to the internal energy (*jing* 精) gradually accumulated by *chansigong*.

1. *Peng, Lü, Ji, An* in the traditional Yang-style Taijiquan Form

The form ‘ward’ (*peng* 棚) is frequently called ‘grasp sparrow’s tail’ (*lan que wei* 攬雀尾) since the ward form is often visualized as if the round, outstretched arm could act as a perch for a bird possessed of long tail feathers which are stroked or held gently by the lower support hand. Further, the *peng, lü, ji, an* sequence is also known as the ‘grasp-sparrow’s-tail’ sequence. The sequence appears six times in the traditional Yang-style Taijiquan long routine (the ‘108’) and is regarded by traditional taijiquan masters as a foundation for other forms in the sequence.

The linked forms known individually and collectively as ‘*peng, lü, ji, an*’ (ward, roll, squeeze, press) are comprised of the four Yin-Yang Chansigong exercises studied thus far in this series.

2. The two forward rolling circles form *peng, lü, ji*

Of the four basic Yin-Yang Chansigong circles, two are ‘yang,’ forward-rolling circles. One of these is the ‘same-side forward-rolling circle’ which advances with *peng* and retreats with *an*. The other of these is the ‘other-side forward-rolling circle’ which advances with *an* and retreats with *peng* (in the downward ‘winnow’ shape).

When the two forward-rolling circles are performed simultaneously, they combine to create *peng, lü,* and *ji* of the ‘grasp-sparrow’s-tail’ sequence. In the first execution of the circles, *peng* and *lü* appear. When the first half of the circle is executed again, this time with the hands connecting, the *ji* appears.

3. The two backward rolling circles form *an*

Of the four basic Yin-Yang Chansigong circles, two are 'yin,' backward-rolling circles. One of these is the 'same-side backward-rolling circle' which advances with *an* and retreats with *peng*. The other of these is the 'other-side backward-rolling circle' which also advances with *an* and retreats with *peng*.

When the two backward-rolling circles are performed simultaneously, they reverse the previous forward circle that created *peng*, *lü*, and *ji*, combining to create the sinking back movement which precedes *an* and then *an* itself.

