A	"crane spreads its wings," 54–55
adherence, 17–18	"crossing hands," 66–69
air density, 5–6, 12	"diagonal flying," 78–79
animals and humans, 9	duration of, 2–3
anticipating strength, 27, 124. See also stories of Yang	"embrace tiger to return to mountain," 70–71
family	"fairy weaving at the shuttle," 98–103
•	"fist under elbow," 72–73
В	"flying diagonal," 78–79
benefits	"four corners," 98–103
of loss, 24–27. See also yielding	frequency of practice of, 3
of practice, xvi, 7–8, 10, 21–22, 29	"golden pheasant stands on one leg," 86–89
superficial, 26	"grasp the sparrow's tail," 36–47
bones, 7–8, 17	"lean forward," 52–53
Book of Changes (I-Ching), 20	"lifting the hands," 50–51
boxing. See push hands	list of movements, 134–135
breath, xvii–xviii	long, 2–3
bubbling spring, 14–17	"low punch," 96–97
outoning spring, 14-17	number of movements in, 2–3
С	"play guitar," 58–59
center of gravity, xii, 23	"preparation," 32–33
Chang San-feng, xiv, 5	"press," 44–45
Cheng Man-ch'ing, xiii, 28–29	"punch," 60–63
ch'i	"push," 46–47
and bone strength, 7–8	"repulse monkey," 74–77
in company with mind, 11	"roll back," 42–43
mass accumulation and movement of, 6–8, 14–15	"separate foot," 90–93
and tenacity, 17	"seven stars of the dipper," 104–105
Confucianism, 14, 24, 26	short, 2–3
Confucialism, 11, 21, 20	"single whip," 48–49
D	"slanting single whip," 70
Dharuma, 5	"squatting single whip," 84–85
double weighting, 16, 127	"step back to ride the tiger," 106–107
dry swimming, 12	"strike with fist," 97
dry Swimming, 12	"strike with heel," 94–95
E	"sweep the lotus," 108–109
egotism, 24–26	"ward off left," 36–39
emptying, 24	"ward off right," 40–41, 96
energy, conserving, xvii–xviii	"waving hands in clouds," 80–83
exercise, 20–22	"withdraw and push," 64–65
CACICISC, 20–22	four ounces of strength, 13, 14. See also yielding
F	
feet, 14-17	G
fingers, 15	gains. See benefits
following opponent through. See nonresistance	gravity, center of, xii, 23
force, 16–17. See also yielding	11
form, the. See also push hands, the form	H
adapting, 1	heat, generating, 8, 11
"beginning," 34–35	
"bend the bow to shoot the tiger," 110–111	
"brush knee," 56–57	
"cloud hands," 80–83	

2 Index

1	"push," 122–123, <i>131</i>
I-Ching, 20	"roll back," 120–121
instruction, 1–2, 4–5, 19	"single hand movement," 114–115
interpreting strength, 27, 124. See also stories of Yang	"uprooting opponent," 126–131
family	"ward off," 116–117, <i>129</i>
investment in loss, 24–27. See also yielding	, and on, 110 111, 125
investment in ioss, 24–27. See also yielding	R
I	receiving energy, 124–125. See also tenacity
Loo Tro 5	relaxation, xvii, 6–7, 16, 17
Lao Tze, 5	resistance. <i>See</i> nonresistance; yielding
laziness, 1–3	rootedness, 14–17
legs, 15	100teuness, 14–17
long form, 2–3	•
longevity, 8	S
loss, investment in, 24–27. See also yielding	self, subduing, 24–26
	sensing hands. See push hands
M	Shaolin, 5
Mencius, 24	short form, 2–3
menstruation, 21–22	sinking, xvii
mind in company with $ch'i$, 11	spine, 9–10, 23
mothers, 22	sticking, 17–18
movement	stories of Yang family, 132–133
of <i>ch'i</i> , 6–8, 14–15	strength, 13, 14, 16–17. See also yielding
unity of, 125, 126, 127	strength, anticipating, 27, 124. See also stories of
movements. See form, the	Yang family
muscles, 1, 17	success through loss, 24–27. See also benefits
1, 1, 1,	swimming, dry, 12
N	symbols, <i>xi</i> , <i>31</i> , <i>137</i>
national welfare, 29	sympathetic nervous system, 23
	sympumous norvous system, 20
nervous system, sympathetic, 23	Т
neutralizing. See yielding	ta'i chi
non-action, 24–27. See also yielding	
nonresistance, 13–14, 18, 27, 127. See also yielding	list of movements, 134–135. See also form, the
number of movements, 2–3	origins of, 4–5
	symbols, <i>xi</i> , <i>137</i>
0	talent, 1–2, 3–4, 19
organs, placement of, 9–10, 11	tan t'ien, xvii, xviii, 7, 8, 10
origins of t'ai chi, 4–5	<i>Tao</i> , 29
	·
	teaching, correct, 1–2, 4–5, 19
P	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy
P perseverance, 1–3, 4, 19, 25	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice
	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice trigrams, <i>31</i> , <i>137</i>
perseverance, 1-3, 4, 19, 25	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice
perseverance, 1–3, 4, 19, 25 pliability. <i>See</i> yielding posture, 9–10, 126–127	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice trigrams, 31, 137 T'sai Chieh-min, 12
perseverance, 1–3, 4, 19, 25 pliability. <i>See</i> yielding posture, 9–10, 126–127 postures. <i>See</i> form, the	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice trigrams, <i>31</i> , <i>137</i>
perseverance, 1–3, 4, 19, 25 pliability. <i>See</i> yielding posture, 9–10, 126–127 postures. <i>See</i> form, the practice	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice trigrams, 31, 137 T'sai Chieh-min, 12
perseverance, 1–3, 4, 19, 25 pliability. <i>See</i> yielding posture, 9–10, 126–127 postures. <i>See</i> form, the practice benefits of, xvi, 7–8, 10, 21–22, 29	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice trigrams, <i>31</i> , <i>137</i> T'sai Chieh-min, 12
perseverance, 1–3, 4, 19, 25 pliability. <i>See</i> yielding posture, 9–10, 126–127 postures. <i>See</i> form, the practice benefits of, xvi, 7–8, 10, 21–22, 29 conditions of, 1–5, 19, 25	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice trigrams, <i>31</i> , <i>137</i> T'sai Chieh-min, 12
perseverance, 1–3, 4, 19, 25 pliability. <i>See</i> yielding posture, 9–10, 126–127 postures. <i>See</i> form, the practice benefits of, xvi, 7–8, 10, 21–22, 29 conditions of, 1–5, 19, 25 duration and frequency of, 2–3	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice trigrams, <i>31</i> , <i>137</i> T'sai Chieh-min, 12
perseverance, 1–3, 4, 19, 25 pliability. See yielding posture, 9–10, 126–127 postures. See form, the practice benefits of, xvi, 7–8, 10, 21–22, 29 conditions of, 1–5, 19, 25 duration and frequency of, 2–3 purpose of, 1, 6	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice trigrams, <i>31</i> , <i>137</i> T'sai Chieh-min, 12
perseverance, 1–3, 4, 19, 25 pliability. See yielding posture, 9–10, 126–127 postures. See form, the practice benefits of, xvi, 7–8, 10, 21–22, 29 conditions of, 1–5, 19, 25 duration and frequency of, 2–3 purpose of, 1, 6 yielding in, 13, 18, 124, 127	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice trigrams, <i>31</i> , <i>137</i> T'sai Chieh-min, 12
perseverance, 1–3, 4, 19, 25 pliability. <i>See</i> yielding posture, 9–10, 126–127 postures. <i>See</i> form, the practice benefits of, xvi, 7–8, 10, 21–22, 29 conditions of, 1–5, 19, 25 duration and frequency of, 2–3 purpose of, 1, 6 yielding in, 13, 18, 124, 127 push hands, the form. <i>See also</i> form, the; <i>specific body</i>	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice trigrams, <i>31</i> , <i>137</i> T'sai Chieh-min, 12
perseverance, 1–3, 4, 19, 25 pliability. See yielding posture, 9–10, 126–127 postures. See form, the practice benefits of, xvi, 7–8, 10, 21–22, 29 conditions of, 1–5, 19, 25 duration and frequency of, 2–3 purpose of, 1, 6 yielding in, 13, 18, 124, 127	teaching, correct, 1–2, 4–5, 19 tenacity, 16–17. <i>See also</i> receiving energy training. <i>See</i> practice trigrams, <i>31</i> , <i>137</i> T'sai Chieh-min, 12

Names of moves and postures appear in quotation marks under the specific forms.

W

waist, 15
Wang Young-ming, 15
water density, 5–6, 12
weakness. *See* yielding
welfare, national, 29
women, 21–22
wu wei (non-action), 24. *See also* investment in loss

Υ

Yang family, 132–133 Yellow Emperor (Huang Ti), 5, 6 yielding. *See also* force; tenacity and bone quality, 8 and investing in loss, 25–27 in practice, 13, 18, 124, 127 water and air as examples of, 5–6