Active QiGong – Also called dynamic QiGong. QiGon techniques that include movement, contrasted with meditative or passive QiGong.

Chen Style Taijiquan - The Chen family style, originally *Chen-Style Boxing*, is the oldest and is the parent form of the five main Taijiquan Styles. It originated in the Chen Villiage (Chenjiagou) in Henan Province. Chen style is characterized by low stances, overtly visible coiling and distinctive power releases or *fa-jing*.

Chi (Qi) - The primordial energy which is the basis for the universe and everything in it. It is the matrix out of which matter and energy are formed, and is expressed as the *life force* in all living things. Different from Spirit (*Shen*), it is an energy field that permeates and nourishes all living things. Breathe of Life.

Chi Kung (Qigong) - Exercises designed to coordinate, develop and/or increase Chi.

Chin Na - Seize and hold.The Chinese art of bone and joint locking. This art of grappling and controlling an opponent’s limbs, usually by manipulating the joints or muscles, is present in many styles of Kung Fu.

Chi Sau - A two-person exercise that teaches the student how to *stick* to their opponent. There are three Chi Sau exercises taught at Dragon Studios: *Sticky Touch*, where the students try to softly touch their opponent and avoid their opponent’s touch; *sticky push*, where the students attempt to execute a simple push while staying attached to their opponent; and *sticky strike*, where the students attempt to gently strike their opponent while being adheared.

Chuan (Quan) - Fist. Most often used to identify a fighting style. e.g.: Taiji*quan*, BaGua*quan*, etc.

Dan-tian - Field of Cinnabar. A Daoist term referring to a center of energy located midway between the navel and the pubic bone, inside the lower abdomen. The Dan-Tien is important as a balance focal point as the center of balance in all people is located at a point that is at 40% of their height, which for nearly every person equates to their Dan-Tien point.

Dao (Tao) The “Way”

Eight Trigrams - In Chinese: *Bagua*, The *Bagua* are the basis of the book Classic of Changes, or I Ching. Each of the trigrams, consisting of a pattern of 6 broken and solid lines, represents an element or natural force. Generally, the solid or *hard* lines represent yang, while the broken or *soft* lines represent yin. In Taijiquan, the eight trigrams are assigned to [the eight directions and the eight hand techniques](http://www.dstaiji.com/thirteen.html).

External - In Chinese: *Wai* Referring to the use of muscular force or mechanical energy in the physical body.

Fa-jing - Expression of Power. The explosive release of strength or power which was previously stored. Especially emphasized in the martial aspects of Taiji Chuan, fa-jing is classified as the use of internal strength to produce a powerful strike, whip, or push.

Five Elements - In Chinese: *Wuxing*  
A system in Chinese philosophy based on the observations of the interacting processes of the natural world. In the Five Element system, distinctions can be made between five dynamic processes, functions and characteristics: Water, Fire, Wood, Metal and Earth. In Taijiquan the five elements correspond to [the five movements, advance, retreat, look left, look right and central equilibrium](http://www.dstaiji.com/thirteen.html).

Gong-fu (Kung Fu) - Skill from Hard Work. A common generic term for any Martial Art that originated in China. *Kung Fu* is a comparatively modern term—it has only been used in the 20th century. The classical Chinese terms for Martial Arts include *wushu*, *wuyi*, *chuan-fa* and *chuan-shu*.

Intention - In Chinese: *Yi* Everything one holds in one’s mind. In Taijiquan, intention can refer to the appropriate state of mind when performing the form and can also refer to holding too much in your mind while pushing hands or sparring.

Internal - In Chinese: *Nei*  
Referring to intrinsic power generated by the Chi or life force energy contained in the body. In the internal Martial Arts (*Neijia*), the use of Internal Strength is of utmost importance.

Jing  
Essence. Jing stands for the substance that gives humans their tangible form, and is also assigned to the substances that nourish the tangible form such as food and liquids. Jing is also understood as the male and female sexual fluids. In Taoism, Jing, Qi, and Shen (spirit) form the three treasures. In Taijiquan the three treasures are maintained by the development of naturalness.

Kwoon (Guan, Wu Guan)  
The school or gym where one is instructed in the Chinese Martial Arts.

Peng  
The power of bringing internal strength from the legs and waist to the hands or point of contact with an opponent, usually from the Taijiquan posture known as Ward Off, as an *upward* force.

Qi - Energy, particularly the energy that animates a living creature; bioenergy

Root - A term common to many Kung Fu styles and other martial arts, rooting is the skill or quality of aligning the feet and body so force is transferred efficiently into the ground, allowing for maximum stability and balance.

Sung - The quality of suppleness and ease of motion which accompanies proper movement in the internal martial arts. Not to be confused with limpness, sung describes a quality of relaxed coordination of the entire body in movement.

Shen - Spirit. The essence of a being that is not their physical form (*jing*), nor their inner energy (*qi*). Ultimately, the art of Taijiquan should cultivate *Shen* for the practitioner.

Tao or Taoism (pronounced Dao or Daoism) - A Chinese philosophical and spiritual system, founded on the principles of the Tao Te Ching (pronounced Dao De Jing), written by Lao Tzu. The verses written in the Tao Te Ching can be applied as equally to Taijiquan practice as they can be to daily life. Therefore the priniciples of Taijiquan are based on the principles of the Tao.  
Dao literally means *the Way*.

T’ai Chi (pronounced: Tai-ji) - The workings of the Yin and the Yang. Which is represented as a circle divided between a dark and a light half, the Taiji symbol represents two mutually complementary forces in nature: Yin, the force characterized as dark, cold, stillness, passiveness and potential; and Yang, the force characterized as light, warmth, action, aggressiveness and expression.

Taijiquan (T’ai Chi Ch’uan, Tai Chi) - A Chinese internal art form based on the principles of Yin and Yang and Taoist philosophy, and devoted to *internal* physical training. Taijiquan is represenated by five family styles: Chen, Sun, Yang, Wu(Hao), and Wu.

Taijito - The Yin and Yang symbol.

Tui Shou - Push Hands. A two-person exercise used to teach students the martial aspects of the Taiji principles. Push Hands practice begins using simple, pre-defined sets of movements to teach coordination. Over time, more complex movement patterns are added and constraints removed until Push Hands becomes the Taiji equivalent of *free sparring*.

Yang Style Taijiquan - The most widely known style of Taiji in the world. The legendary fighter Yang Lu Chan, learned his

Wui-Wei - Non-Acting. Not interfering, nor acting against one’s naturalness. By following the Wu-Wei, one’s actions conform to the principles of the cosmos. In Taijiquan, the art of relaxing and moving with and away from force, is the action of Wu-Wei. *Wuji* is the word for Non-*Action*, which literally means doing nothing. This is different from Non-Acting as described above.

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