

MAGIC TORTOISE TAIJIQUAN SCHOOL

5. yínsè dài
銀色帶 Silver (color) ribbon/sash

6. zǐ dài
紫帶 Purple ribbon/sash

D. Legacy of Our Spiritual Leader, Master Jou Tsung-Hwa

1. Spiritual Philosophy

Tiān rén hé yī.
天人合一 Heaven and the individual are one and the same. This is a Daoist concept that is also translated as "the unity of heaven and mankind".

2. Definition of Taijiquan

Shǒu è bāguà, jiǎo tà wǔxíng.
手扼八卦，腳踏五行 Eight trigrams in the hands, five elements under the feet. Literally: "Hands hold eight trigrams, feet walk five elements". This definition is attributed to the Táng dynasty hermit Xū Xuānpíng. Master Jou felt that this definition expresses the true essence of tàijíquán.

3. Keys to Achieving Breakthroughs

1. qìgōng
[ch'i' kung']
氣功 Breath or energy work; specifically, "breathing without breathing" - concentrating on the dāntián.

2. chán sī jìn
纏絲勁 Silk reeling energy.

3. jìngzuò
靜坐 Meditation. Literally: "Quiet sit".

4. quán
拳 Form. Literally: "Fist, boxing".

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5. jīng
 經 Classics.

4. Essential Principles for the Practice of Internal Martial Art

1. Yào yǒu zì zhī.
 要有自知 Know yourself.
2. Jìn lì ér wéi.
 盡力而為 Do your best.
3. Guò yóu bù jí.
 過猶不及 Don't overdo it.
4. Rì jìn cùn gōng.
 日進寸功 Make a little progress every day.

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Some of the definitions, terms, phrases, and names in this list were taken from books and periodicals. This bibliography lists those works that were the most helpful.

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