

Twey Push	Sho Hands	Jin Principles	Tuī 推	Shǒu 手	Jìn 勁
Ting Listening	Jin Energy		Tīng 聽	Jìn 勁	
Nyen Sticking	Jin Energy		Nián 黏	Jìn 勁	
Zo Yielding	Jin Energy		Zǒu 走	Jìn 勁	
Hwa Neutralizing	Jin Energy		Huà 化	Jìn 勁	
Fa Issuing	Jin Energy		Fā 發	Jìn 勁	
Na Seizing, Targeting, Controlling, Point of Application		Jin Energy	Ná 拿	Jìn 勁	
Dong Understanding	Jin Energy		Dǒng 懂	Jìn 勁	
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