

---

# Traditions From The Old Tower

The Song Of Movement

Nasser Butt

---



---

Fa-jing Ch'uan Internal Chinese Boxing Schools (WTBA) Leicester

# The Song of Movement

Eight Paces<sup>1</sup> from the Mountain

I stand<sup>2</sup>

Moving without feeling<sup>3</sup>

Fourteen<sup>4</sup> emerge to greet me

Five<sup>5</sup> step forward

Who know

Torn in two

Body divorced from mind<sup>6</sup>

“To enter is to be born

While to retreat is to die”<sup>7</sup>

Break

Let the heel rise first

Let the heel fall first

Break backward

Like a monkey in retreat

Rolling

Step up



©Nasser Butt 2013. All rights reserved.

---

<sup>1</sup> The Eight Stepping Methods of the Wudang. These are the precursors of all the stepping methods of the internal arts - Taijiquan, Baguazhang and Xingyiquan.

<sup>2</sup> Standing is a critical component which most students neglect at their own peril. If you do not know how to ‘stand’ than all else is an exercise in futility!

<sup>3</sup> Sung.

<sup>4</sup> There are 14 specific types of ‘steps’ in Taijiquan. These ‘steps’ are critical in understanding the issuing and receiving of qi for both the martial and health components of Taijiquan.

<sup>5</sup> The Five Directions - Move Forward, Move Backward, look Right, Gaze Left and Central Equilibrium. They form a part of the original 13 postures of Taijiquan. Far more importantly, the 14 Steps are divided up into the 5 Directions and are used in both push hands and form training.

<sup>6</sup> The purpose of the 8 Stepping Methods is to teach us to ‘divorce’ our body and mind so that the two are free to work independently of one another. They help develop visualization and intent as well as distinguish between the physical and mental.

<sup>7</sup> An old Taiji proverb meaning that we never retreat. It is our understanding of these stepping methods that allow us to be evasive without moving backwards.

|                                    |   |
|------------------------------------|---|
| Hit the tiger and                  | Sunk                                    |
| Inspect the horse's mouth          | But not so much to the rear             |
| If one is impeded                  | Double P'eng jing appears               |
| Whilst weighted                    | Pushing and pulling                     |
| Rolling is yet to be understood    | Like a fair lady working                |
| Rising                             | Fishing                                 |
| The Golden Cock                    | From left to right                      |
| Awakens the world                  | Clockwise, counter clockwise            |
| Strengthening the upper P'eng jing | Wave hands like clouds                  |
| Sinking                            | Fairy                                   |
| I collect the needle               | Twinkle toes                            |
| The lotus stem erect               | Raise the upper                         |
| Lower P'eng jing engaged           | Then sink                               |
| Withdrawing                        | Insubstantial touch the ground          |
| From inside to out                 | Turning the body over                   |
| Circling clockwise                 | The hammer falls downwards              |
| With great power to the left       | Chopping hand strikes the points        |
| I ride the tiger                   | Right to left to right <sup>8</sup>     |
| Gathering                          | Drawing the silk inwards and out        |
| Outside to in                      | The lotus stem erect                    |
| Hands and legs                     | Push                                    |
| Lu jing                            | The rear following the front            |
| Cross stepping                     | I turn                                  |
| Toe first heel last                | I am already there <sup>9</sup>         |
| Wave hands like clouds             | Inside the temple                       |
| Slant                              | All energies bound in One <sup>10</sup> |
| Move to the four corners           | The Wudang is my home                   |
| Let fly                            | I have walked here                      |
| Horse riding                       | Without realization. <sup>11</sup>      |
| With a single whip                 |   |

---

<sup>8</sup> Fa-jing

<sup>9</sup> Visualization and intent. The mind sees a line of attack and the body is already there dealing with it.

<sup>10</sup> Although each step is separated into a category of energy, all the steps contain a measure of ALL the energies!

<sup>11</sup> There are NO steps in the martial arts. Ultimately, our body moves in accordance to our attacker and the feet follow effortlessly, without thought and with perfect timing. In other words we have understood about lightness, heaviness and central equilibrium. At this level there'll be no incorrect steps. This is why we practice form!

# 太極拳

