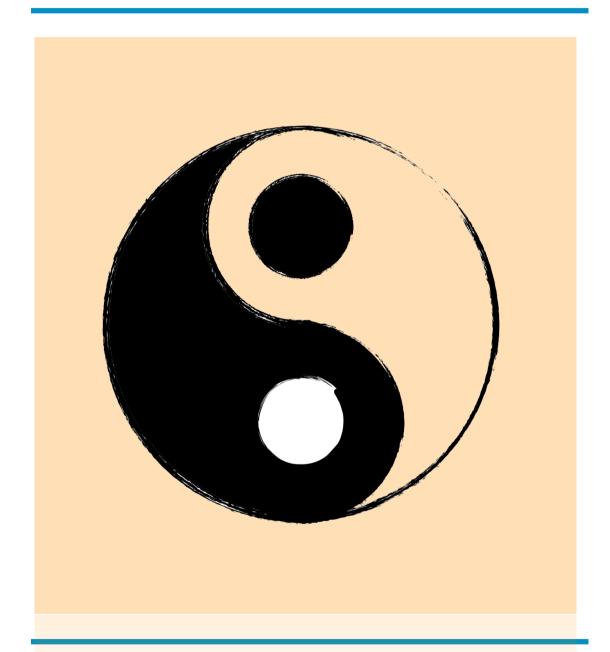
Traditions From The Old Tower

The Song Of Movement

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The Song of Movement

Eight Paces¹ from the Mountain

I stand²

Moving without feeling³

Fourteen⁴ emerge to greet me

Five⁵ step forward

Who know

Torn in two

Body divorced from mind⁶

"To enter is to be born

While to retreat is to die"?

Break

Let the heel rise first

Let the heel fall first

Break backward

Like a monkey in retreat

Rolling

Step up



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- ⁴ 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.
- ⁵ 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.
- ⁶ 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.
- ⁷ 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.

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

² 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!

³ Sung.

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 right⁸

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 there9
Wave hands like clouds Inside the temple

Slant All energies bound in One¹⁰
Move to the four corners The Wudang is my home

Let fly I have walked here
Horse riding Without realization. The state of the state

With a single whip

⁸ Fa-jing

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

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

¹¹ 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!

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