

3 Waves of Fluid Movement – Co-ordinate waves of lifting and sinking, twisting and bamboo bending (longitudinal, torsional and transverse). All waves are rooted in the foot pressure which is established by a small dropping of the centre towards the foot (phase 5 or 0). That pressure then rises through the leg into the centre which initiates 3 types of waves in the upper body. Lifting passes into the upper body through contraction and pressure. Twisting, generated by opening and closing the hip joints (qua), stretches the diagonal trunk muscles then passes into the arms through the opening and closing of the shoulders. Horizontal centre movements stretch vertical trunk muscles, in the back (when retreating) and the front (when advancing). More passive stretch occurs in the relaxed arms trailing behind when retreating. More active stretch is produced in the lightly activated arms when sinking and advancing.

Timing the Waves to Create Fullness & Emptiness – Usually, first move back, then when halfway back begin to turn, when halfway through the turn begin to sink. So the connecting into the back foot begins approximately $\frac{3}{4}$ of the way back. Then the shoulders begin to sink as the centre begins to advance, while the elbows begin to sink a little after that as the upper-body begins to advance. All waves converge in the centre. For positions like “Ward-off, Press or Push”, sinking ends only when the body has advanced to the central position while for single-legged positions like “Raise Hands”, sinking ends when the body is directly over the back foot.

In the pushing hands, the intercepting hand or full point ideally touches the opponent just as the turning begins and a little before the sinking begins. Then the body flows down to the back foot, draining the strength from the empty point, while the full hand, still receiving the power of the front foot, lifts and pulls to connect into the partner (2nd & 3rd timing), or gives a slight pressure down & forward if connecting later while advancing (1st timing).

Lengthen Muscle Stretch (3rd Phase) – When the body senses contact with the ground it instinctively increases the power in the elongating extensor muscles of the leg, stopping the body as quickly as possible. Sending the Mind into the ground modifies the information the body's intelligence receives at that moment, reducing the rate of increase of the tension in the lengthening muscles, which lengthens the stretching phase of the chain of muscles supporting the body allowing the body to sink deeper. Training this clearly for 1 or 2 years will alter the stretch phase of the instinctive muscle cycle. This allows more time and space in which to absorb the partners force and momentum. It also reduces the shock on the joints at each step. With the Mind $\frac{1}{4}$ phase ahead of the body the Mind will have time to penetrate 0.4 to 0.5m into the ground (then it is said “the root is 0.5m deep”).

All internal refinement based on Deepbody Level – One result of the hours and years of training will be to stabilise the awareness of the Deep-body sensations, so they are seldom forgotten even while busy in normal life. This is the first real step of turning the Mind inward and all deeper work is based on it. The sleeping body produces excess energy. When the superficial-mind is active then the body's energy depletes. Concentrating inwards through 1 or more of the 5 internal senses (rather than outward through the 5 external senses) reduces this energy loss. Then the efficiency of the body at producing energy can be increased by deep breathing, leading the energy through the body with intention, and using gentle pressure changes in the body to pump the circulation of fluids (blood and lymph) – so that the body may then produce even more energy than when asleep.

But note that the Deep-emotions also affect the physical. It can destroy or enhance the health of the body. Sending out the light to others is perhaps the best way to refine the Deep-emotional. The opposite, of sending a bad intention (consciously or unconsciously) to others, blocks this refinement and may lead to physical illness.

Strengthen Muscle Stretch (Phase 3) – Bringing the Mind back from the foot into the centre modifies the information the body's intelligence receives, connecting into and influencing the strength of the stretching phase (just as sending the Mind into the ground lengthens the stretch). But if you bring the Mind up through body in the same way you take it into the ground (while listening for movement), then you will also, unintentionally, shorten the stretching phase of the muscles. Only if the Mind has sunk deeper and is fully listening to pressure and stretch can you train the rising pressure without creating hardness in the muscles and cutting off the sinking.

Enhancing the Personal Energy Sphere – The balanced and true way deeper is through the Deep-body sensations and body's energy field, then the Deep-emotional (astral), then the Deep-mental (celestial), and on to the beyond. These 3 levels of the Deep Mind are associated with the lower, middle and upper dantien. They can be trained in the sphere that surrounds the body out to arm's length in all directions (Large Dantien). When concentrating into this sphere there will also be some component of imagination from the superficial-mind.

To initially reduce the imaginative component we use the expanding pressure wave, which begins with the fullness in the lower dantien then expands in all directions at the end of phase 4 as the centre finally presses into the ground, to create pressure and fullness in the hands, feet and top of the head. As pressure and heat sensors are sensitive to the body's energy field, this connects the Mind into the etheric level of the Large Dantien after which it takes only one small step deeper and a slight expansion to find the Deep-emotional. These gradual steps deeper prevent the imaginative 'jump inwards' people may otherwise attempt, which can lead anywhere.

Concentrating on the Deep-emotional Sphere – The Deep-emotional (astral) level is the centre of the 3 worlds in which we live and train. Just as moving the Mind through the body draws energy through the body, so first concentrating on the body's energy within the body, then sinking the Mind down to the Deep-emotional level while expanding it out to fill the personal energy sphere (centred on the middle dantien), will draw energy down to that deeper level. This will gradually energise and activate the Deep-emotional level within yourself. Then using intention on this level, while listening to the results, will increase the Deep-emotional intelligence.

Group Energy – When a group of people, who wish to refine themselves, practice together with some intensity then the Deep-emotional energy level is stimulated and the body energies generated by the practice will contribute to that deeper level. "Old Teachers" who have died may choose to efficiently help by enhancing the group energy field of those who make a sincere effort to train their methods. Individual 'private' classes are fully deficient on this internal level, so neither myself nor any of my teachers recommended them. Private classes are usually requested by those who want to 'buy' more help and perhaps some 'extra secrets', and are given by teachers who hope to make some money from it. In fact more internal help is truly available in the group classes and more information is available there also, drawn out by the students' efforts to practice and understand the teaching.

Deeper Self – Spirit connects into Deep-mental only tenuously – just enough to support the inner life of the Soul. The Deep-emotional must be fed from below by ourselves until it is sufficiently refined to receive energy from the Deep-mental, which itself needs to have grown to the stage where it is responsive to the Spirit. Gradually as the Deep Self grows stronger, fed by your own efforts and later what comes down from above, it will give more support to your outer life. "Daily dying" – looking back with understanding from a deep state, over past difficult events – or looking forward to see where you are being led, will enhance the deep support of your outer life.

Year 1 (based on students attending 2 to 3 classes per week)

1st 6 mths: 5-loosenings | Zheng Manqing's "Short Taiji-form" | Two-person-exercise "Seven-pushes"

Principles: Accurate – Relaxed – Upright – Stable.

2nd 6 mths: Revise "Short Taiji-form" | 1st 3 of 7 Basic Pushing-hands patterns.

Principles: Smooth – Continuous – Body Moves as One (hands follow body).

Year 2: Yang "Long Taiji-form" | Final 4 of 7 Basic Pushing-hands patterns | Application of "Pull-back" & "Push"

Principles: Centre Moves First producing waves of movement when Turning, Advancing and Retreating.

– Spiral up (breath in)

– Sink towards the centre (breathe out)

– Back-foot presses on ground, centre advances, chest advances, hands extend (Type 1 force).

Year 3: "5-Phase-Muscle-Cycle-form" | Huang Xingxian's "Quick Fist" | Application of "Yield-neutralise-issue"

Principles: Mind Lifts and Sinks – 5 Phase Vertical Circle – (Type 1 force Rising-Expansion).

– Spiral up (contract)

– Release and align lower-body to back-foot (relax)

– Release and align upper-body to centre (compress)

– Mind extends, back-foot presses on ground, hip-joint advances, breastbone advances, hands extend.

Year 4&5: "Centre-Pressure-form" | Fixed-Pushing-hands Applications

Principles: Mind-changes Leads Body Changes – (mind ¼ phase ahead) – (Type 2 force Wave-of-Expansion)

– Mind lifts, then body lifts

– Mind goes quietly to back foot, body floats, loosens, aligns and falls (light pressure in back foot)

– Mind listens deeply in centre as upper-body falls onto lower-body

– Intention extends, back-foot presses on ground, sacrum drops, hip-joint opens, wave rises to hands.

Year 6&7: "Rising-Pressure-Wave-form" | Moving Step Pushing-hands

Principles: Effort of Will – Pressure Rises – (mind ½ phase ahead of body) – (Type 2 force Small-Circle)

– Strong intention rises from front-foot pressure, body moves

– Mind withdraws quietly to back-foot, body floats (pressure decreases), loosens, aligns and falls

– Mind deepens and rises with pressure to fill centre

– Drop and rotate centre, pressure increases, Intention extends, shoulder-blades down, hands fill
– then centre advances, chest opens, pressure intensifies in hands, hands extend.

Year 8,9&10: "Expanding-Pressure-Wave-form" | Intercepting Applications

Principles: Mind-changes lead body changes – (concentrate, relax, sink, empty) – (Type 3 force Small-Circle)

Year 11,12,13&14: "Mind-Energy-Sphere-form" | Application of Mind-Energy-Sphere

Principles: Elastic-Mind-Energy-Sphere – (mind one phase ahead of body) – (Type 3 force Large-Circle)

With the overriding method of closing down the surface part of the Mind as if going to sleep,
then using a deeper part of the Mind to listen to (through the 5 internal senses) and regulate, the subtle body changes, forces and energy.

Formulated by Patrick Kelly – based concisely on the teachings of Master Huang Xingxian in his last 20 years – designed to promote internal refinement.
At that stage ("only then really understanding what is Taiji") Master Huang no longer advised training standing postures, weapons or White Crane forms.