

**Tai Chi**  
**Yang Style**  
**Discharge Form**



**Tai Chi Chi Kung II**  
**Mantak Chia**

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# ***Tai Chi Yang Style***

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The meditations, practices and techniques described herein are ***not*** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

# Tai Chi Chi Kung

## Discharge Form

Beginners and older people generally practice the Thirteen Movement Tai Chi Chi Kung II form with a higher stance. As the student progresses, he or she can practice with a middle-structure stance, one that is closer to the ground, to increase strength. For martial purposes, one generally uses an extremely low stance.

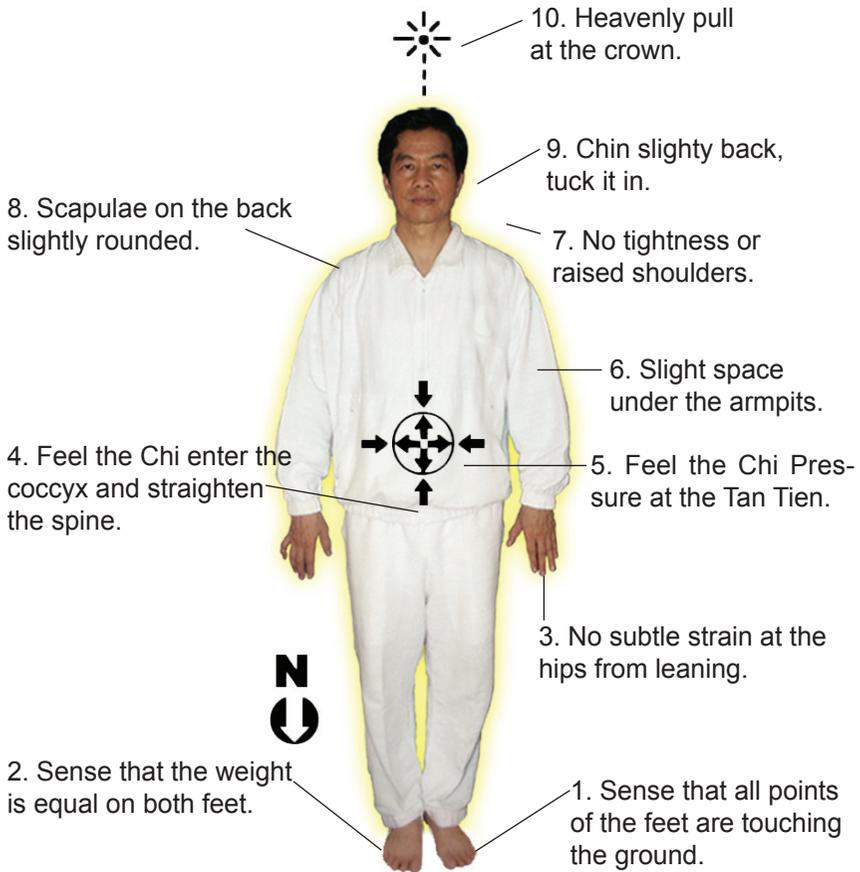


*Fig. 1 Discharge Form.*

# Introductory Movements

## Wu Chi Stance

The first movement of the Tai Chi Chi Kung II form is internal, not external. Outwardly, one is standing still, facing north. This position is related to Wu Chi, the primordial unmanifested state.



*Fig. 2 Wu Chi Stance.*

The feet are close together, but not touching at the ankles. The nine points of the feet make contact with the ground. This is the root, the connecting point with the earth energy.

The knees are straight, but not locked. The back is straight and relaxed. No pressure, tension, or pain should be felt in the lumbar area.

The shoulders are relaxed, and the head is pulled upward at the crown. This is the heavenly pull that draws up the earth energy through the feet.

Feel the Heavenly pull, as if a Chi ball above your head is pulling you up. The pull also stretches the spine, allowing the energy to circulate more freely. At the same time, feel the Chi enter the coccyx and straighten the spine.

The eyes are open without strain. The focus is directly ahead, to the horizon. The chin is slightly pulled back. This subtle movement backwards opens the base of the skull area so the energy can circulate freely up to the crown and down the front.

The tongue tip is touching the palate lightly at a point that helps induce salivation.

The jaw is relaxed with the teeth lightly touching. If the jaw is biting down hard, there is tension on the sides of the head and the throat.

The throat is relaxed. Swallowing a little saliva and exhaling gently relaxes the muscles of the neck.



*Fig. 3 Tongue to Roof of Mouth.*

The chest is relaxed and slightly hollowed. This hollowing is produced by a subtle rounding of the scapulae on the back.

If the chest is tight, one can relax it by inhaling gently without making noise and then exhaling just as quietly through the parted lips.

The breath is even and deep, expanding the abdomen.

The attention is at the navel, or at the Tan Tien, the point deeper in the body close to the kidneys. The breath penetrates to the Tan Tien, creating the sensation of a growing energy ball.

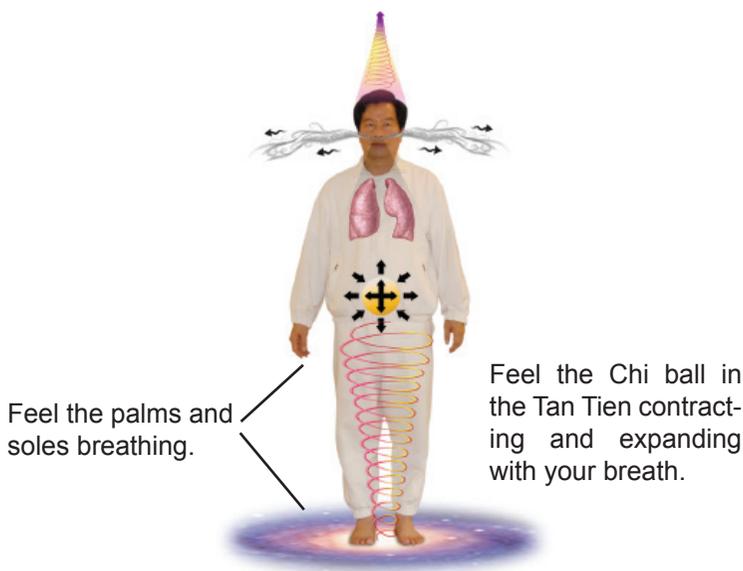
The arms are relaxed, with a hollow in the armpits, as if holding a ping-pong ball there. The arms are not touching the body.

The palms of both hands are relaxed and the fingers are loose yet straight.

The index fingers are very slightly raised, so that energy is felt sparkling at the tips.



**Fig. 4** *Skin Breathing.*



*Fig. 5 Tan Tien Breathing.*

## Smile

Smile down to the thymus gland below the neck. Allow the smile to spread to the heart and all other organs. Smile down to the navel. Listen to the heartbeat. Follow the pulse from the heart out through the chest, shoulders, upper arms, elbows, forearms, wrists, hands, and fingers. Feel the pulse in the index and pinkie fingers.

## Breathing

Become aware of the Earth energy at the feet, the Heavenly pull at the crown, and the Cosmic energy in front. Inhale gently without making noise and draw the Cosmic energy into the mideyebrow.

Let the Cosmic energy penetrate deeply to the lungs, spread to all the organs, and fill the soles of the feet.

When the inhalation is completed, retain the breath for a moment, without straining, and then begin to exhale gently without making noise. If a piece of paper was placed in front of the nostrils, it would not move with the air being exhaled.

# Opening Tai Chi Chi Kung II Form

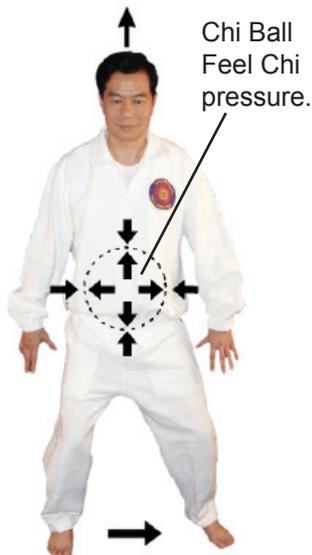
## Preparation: Step Out

1. With the exhalation, begin to sink down, shifting the weight onto the right leg. The sinking should originate from the hip and sacrum, sinking and folding at the groin (Kua) without much of a bend in the knees, and feel the weight transfer down the back of the knee to the heel. Sinking by simply bending the knees puts too much stress on them, resulting in swelling and injury. The arms come out slightly from the sides by sinking the chest and rounding the scapulae a little more. Rotate the hands so that the palms face back. The energy flows through the arms down to the palms and fingertips.

As the chest is sunk, the sternum moves inward, massaging the thymus gland.



*Fig. 6 Opening Kua.*



*Fig. 7 Chi Pressure.*

The crown remains aligned with the Heavenly force, so there is no leaning to compensate for sinking down on the right leg.

When all the weight is on the right leg, inhale as you lift the left heel, keeping the big toe touching the ground.

2. Separate the left leg by brushing the ground lightly with the big toe, as if tracing a line. The separation between the two feet is roughly the width of the shoulders. This is the base. If the space between is less than shoulder width, the base is more narrow than the top, and the structure is top heavy. In this style the base is not wider than the shoulders' width.

Exhale as you place the left foot at 45 degrees (open) firmly touching all nine points on the ground, and shift the weight so that it is equally on both feet.

The knees remain slightly bent, but not going over the edge of the toes.

The pelvic area is open. The energy ball is in the navel area.

The spine is stretched by Heavenly pull; the sacrum is pulled down by Earth force.

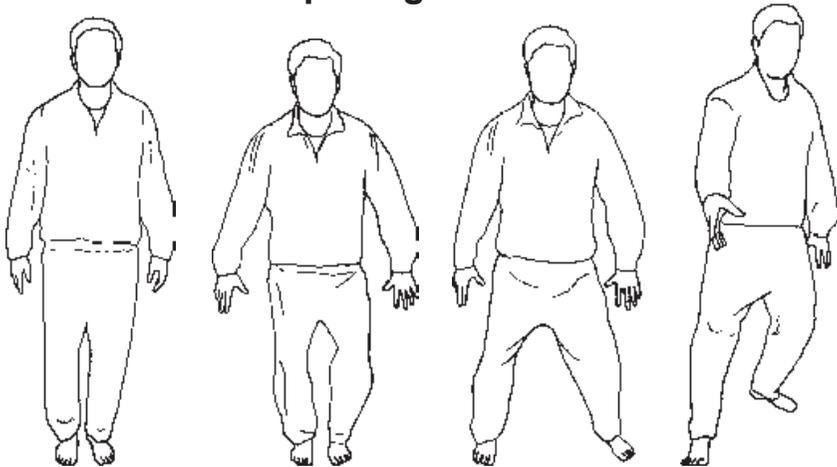
## **Core Movements - Left Hand Form**

The next sequence is the core part of the Tai Chi Chi Kung II form, which is repeated in the various directions mentioned earlier. These movements start with the left-hand form and then go through a transition into the right-hand form. At the end, there is a final series of concluding movements.

The first half of Tai Chi Chi Kung II is called the Left Hand Form. The moves are in a counterclockwise progression.

# Step Forward: North

## First Ward Off: Opening Stance



*Fig. 8 Opening Stance.*

1. Begin to inhale and relax as you sink most of the weight into the right leg. Allow the life force in the Tan Tien to lead the rotation to the left (West). Stand facing North with feet together knees straight. Relax, regulate and slow the breath with 'whole body breathing'. Head suspended from string from Heavenly Force & Feet to the Earth Force.

2. **Smile Down** and Inhale. Round the scapulas and sink the chest. Open the armpits. Now exhale, sink down & bend knees, shift body weight and tail bone to right foot.

3. Inhale and pick up the left foot and place it at a shoulders width apart with the left foot pointing towards the northwest.

4. Shift the body weight to the left foot. Step forward with the right foot forward stepping with left foot reach with right hand facing north.

5. Carry out silk reeling right hand then left. The direction of the silk reeling or hand circling is upwards. Rotate Tan Tien around the imaginary Tai Chi pole (Central Thrusting Channel). Complete one circle with the right hand and then one with the left.

## Tai Chi Chi Kung II: Angular Directions in the Form (North, South, West, East)

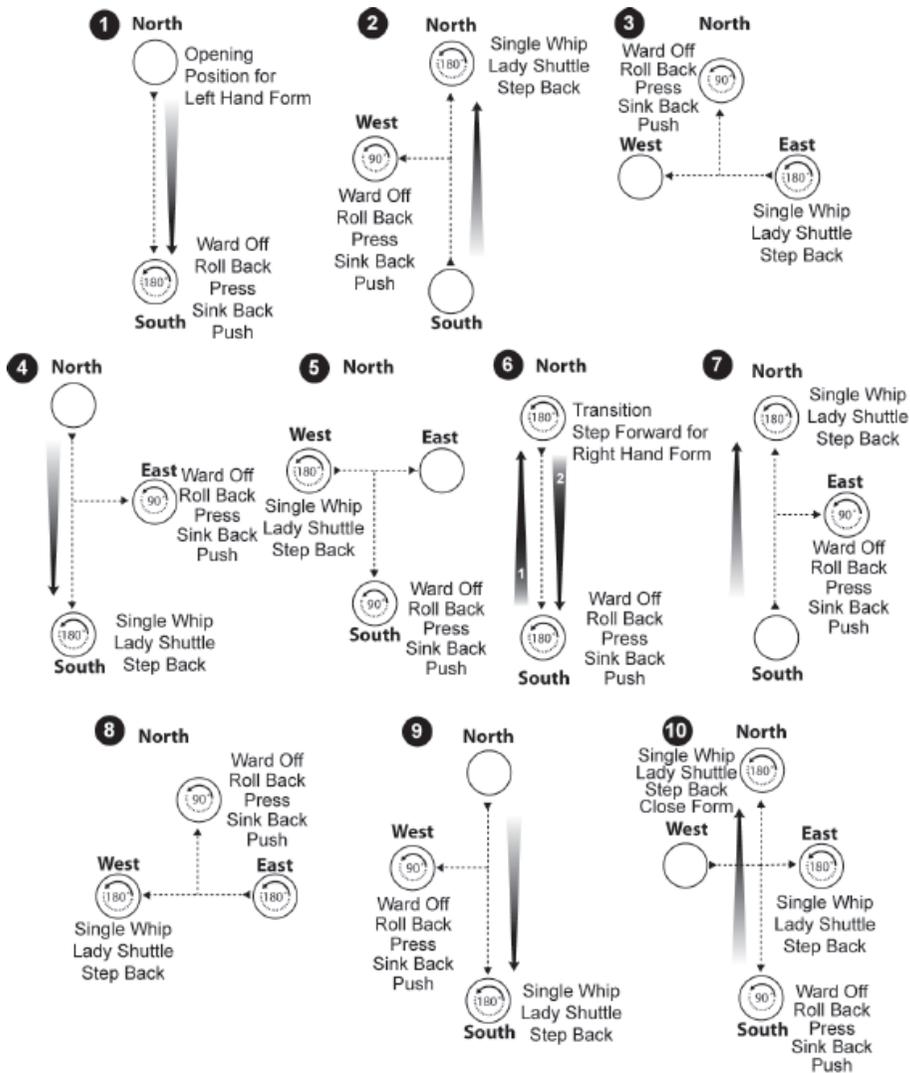


Fig. 9 North, South, West, East Directions.

6. **Silk Reeling:** Turn the waist with the momentum of the silk reeling exercise. The left arm after completing a circle turns in the ward off position with the exception that the palm faces downward. The right hand after completing its circle prepares itself during the left silk reeling and the turn for the ward off position – which is palm facing upward and southward. You now face south. The arms now have formed the ward off position and are holding a Chi ball.

7. The weight is largely on the right foot, with the left foot only taking 20% of the weight. The Left forefoot is only touching the ground in a cat stance like posture.

8. **Ward Off Strike:** Now sink back the weight into the right leg. Take left foot off the ground while keeping the lumbar full and step forward. This means hard work, by using the quadriceps keeping the lumbar vertebrae full and held back. This ability can only come from Iron Shirt I training. Use the Tan Tien, and feel it twist and hold power in the process of stepping forward with the left leg. Now release the Fa Jing power or discharge energy while allowing the right (back) leg to drag and stay connected to the ground. The principle of discharge of energy or Fa Jing is discussed throughout this book. The Lower Tan Tien with training develops its own principle. It has fullness and only the mind like a switch can release its stored energy. The Tan Tien has the ability to release any of the Eight Forces. Remember the fusion meditations where the Eight Forces are fused into the Lower Tan Tien. So in reverse a desired force can be released. Fa Jing is primarily associated with peng. Its like having a thousand troops ready to be released at the call of the general. This single move is the core feature of the form and repeated in principle throughout.

9. **Roll Back:** Return to the original feet position of the Ward Off Strike. This means stepping back with the right leg and as per the Tai Chi Chi Kung I form, rotate the left arm so the palm faces the face and let the right arm float across preparing for the press strike and keep the right foot straight (anchor Leg).

10. **Press Strike:** With the Outer (Little Finger Side) of Right Palm connects to inner aspect of the Left Wrist. Repeat the same Tan Tien and footwork as in the Ward Off Strike and release the

discharge. Remember to work the Tan Tien and keep the right foot straight (anchor Leg).

11. **Push Strike:** As per the Tai Chi Chi Kung I form, Sink Back and separate the arms. Allow the arms as always to automatically follow the Tan Tien. They are not moved directly by the mind. Then step forward with the left leg, prepare the Tan Tien and discharge with a **Double Palm Strike** following with a stiff Right Foot straight. Each of these three movements the Ward Off, Roll Back & Push is part of “**Grasping the Peacocks Tail**” or more conveniently shortened to “**Bird’s Tail**”.

12. **Single Whip:** Sink Back and put your weight over the right leg. Form a beak with the right hand and face the beak downwards to the open palm of the left hand. Change the left foot from toes touching the ground to heel touching the ground. Turn the left foot so that the toes are now facing the west. The single whip is not carried out completely as per the the classic yang form. Instead the form is completed through the “**Fair Lady works the Shuttle**”. In other words the Single Whip is only carried out in its initial preparatory half.

13. Prepare for the “**Fair Lady works the Shuttle**” by making a circle with the palms. Right palm circles to the lower position while left hand moves to the top position. Holding the Chi ball for a moment. Then step forward with the right leg to the north. Activate the Tan Tien and discharge the power in the fair lady works the shuttle which is **Left Palm Strike** and **Right Arm Upper Block**.

14. **Changing Directions:** Step back with the left foot pointing west and follow it with the right foot stepping back also pointing west. Now allow the both hands to move to the ward off position. The right hand however in order to activate the lower tan tien carries out two small circles. Holding a Chi ball in the preparatory Ward Off position facing west.

15. **Bird’s Tail** form is carried out to the west, and then **Fair Lady works the Shuttle** to the east.

16. **Bird’s Tail** to the North and **Fair Lady** to the South.

17. **Bird’s Tail** to the East and **Fair Lady** to the West.

18. **Bird’s Tail** to the South and **Fair Lady** to the North.

19. **Transition to the Right Hand Form:** Now with each **Bird's Tail** the Right Hand is leading and in the **Fair Lady** the Right Hand Strikes the Chest of your imaginary opponent. So **Bird's Tail** to the South and **Fair Lady** to the North.

20. **Ward Off:** Sink Back-Same as to South striking West.

21. **Press:** Same as Ward Off connecting Wrists striking.

22. **Push:** Same as Press-Hands spread wide-Strike West

23. **Single Whip:** Sink Back - Turn Hips to Right facing North - Form Right Hand Beak over Left Palm - Weight on Right.

24. **Step Out:** Step Left Heel to West-Turn Left Foot 90 degrees North while dropping therefore Left Hand protecting Left Knee-Shift Tail Bone to Left Heel - Right Foot step wide to right facing East circling Right Hand with Left Hand twice to right forming Chi Ball.

25. **Follow same procedure as South Corner** (Right Hand) for East, North, West & South Corners where South ended.

26. **East Corner:** Ward Off - Rollback - Press - Push - Single Whip - Lady Shuttle - Changing Directions.

27. **West Corner:** Wardoff - Rollback - Press-Push-Single Whip - Lady Shuttle - Changing Directions.

28. **North Corner:** Ward Off - Rollback - Press-Push - Single Whip - Lady Shuttle Changing Directions.

29. **South Corner:** Ward Off - Rollback - Press - Push - Single Whip - Lady Shuttle -Cross Hands - Completion.

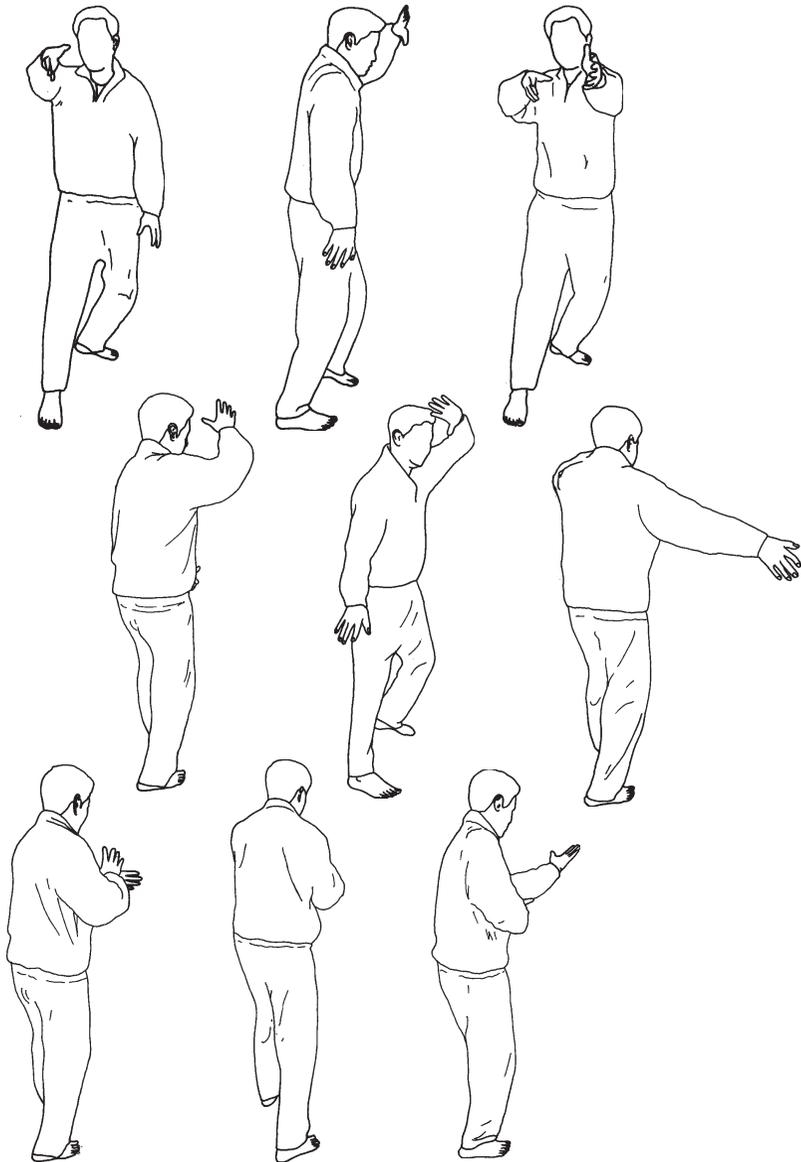
30. **Lady Shuttle:** Sink Back - Strike - Push Left Hand Forward with Hip - Roll Right Hand up protecting Head facing East.

31. **Completion:** Shift Tail Bone to Right Hip - Release Lady Shuttle - Open both hands moving them up & outwards & downward drawing Left Foot straight back setting it down parallel to Right (Shifting Tail Bone to Left Heel) lift up Right Leg placing it parallel with Left - Draw Feet together (Toes even).

32. **Raise Hands in Front of Body** (12") to Form X below Shoulders (Left Hand closer to Body). Distribute weight evenly between both Feet then simultaneously straighten Body and lower Hands to sides (Palms facing rear) - All movement ends at same time - Relax and Center yourself. Feel the Chi in your body.

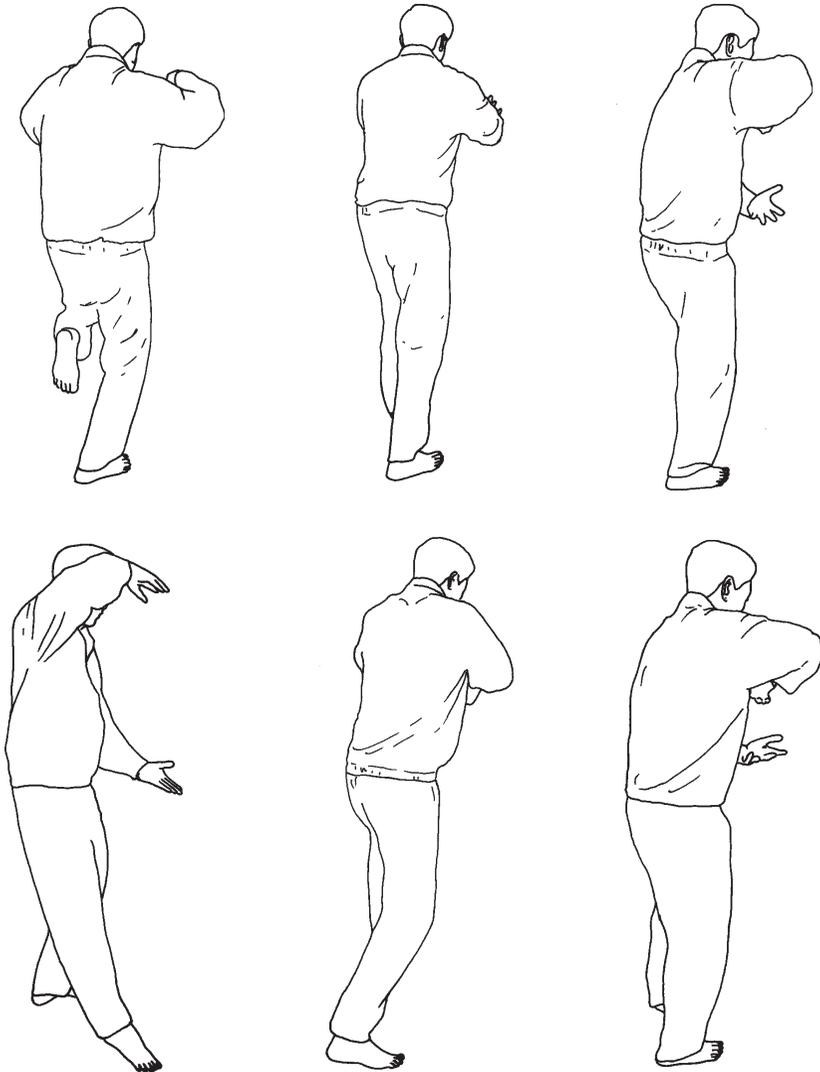
33. **Smile down - Collect Energy at Navel.**

## Step Forward, Ward Off and Press:



*Fig. 10 Step Forward, Ward Off and Press.*

## Push and Single Whip



*Fig. 11 Push and Single Whip.*

1. When the left turn of the hips reaches about 60 percent of your limit, without twisting the spine, begin the left arm movement. Inhale as the left arm describes a scooping circle with the palm up. The hand never goes over the level of the ear when circling above.

2-3. As the left hand describes the upper part of the circle, the Tan Tien Chi starts to direct the hips to turn back toward the North. These two moves are synchronized so the heel of the left hand completes the circle and comes to press on the heel of the right hand at the same instant that the hips complete their turn to face the North. The left hand serves to support the right wrist and to reduce the potential for injury when pushing forcefully into an opponent.

4-6. Most of the weight is on the left foot throughout the previous moves. Once the hands meet and the hips face North, one begins to spiral and transfer the energy forward to discharge it through the hands.

A common mistake is to begin transferring the weight to the right foot before aligning the hips to face directly forward. The spiraling energy is then dissipated before it reaches the hands, and the move is totally ineffective.

The spiraling of the energy begins as you exhale and press the left foot to the ground. The left knee turns outward to the left side. As the left leg begins to push forward, the right knee spirals outward to the right. When the spiraling energy reaches the sacrum, align and activate the sacral pump by tucking slightly in. As the left leg push continues and the spiraling energy reaches the T-11, add the force of the T-11 pump by curving and pushing a little at T-11. Eventually the force will reach the C-7; the pump at C-7 is activated by sinking the chest and rounding the scapulae.

As the force is transferred through the arms and begins to reach the hands the right hand twists clockwise while the left hand twists counterclockwise, like opening a jar. The last movement is pulling the chin back to activate the cranial pump.

About 70 percent of the weight is now on the right foot. Take care that the right knee is not extended beyond the right toes.

## Two Hand Push

**1-5.** Inhale, relax and sink back on the left foot. The sacrum is pulled down once again, and the Heavenly pull stretches the spine up. The right leg in front begins to push into the earth, moving the structure back.

Take care not to bounce up; the body moves level to the ground. Maintaining their connection, both hands turn palm down. Start to separate the hands by drawing the left hand lightly over the top of the right hand.

Continue to separate the hands until they are shoulder width apart. Sink the elbows while keeping the hands in line with the forearms, bringing the palms to face the front. The shape and position of the hand relative to the forearm in this movement and throughout the form is referred to as Fair Lady's Hand. Fair Lady's Hand is a perfect blending of Yin and Yang: the fingers are straight, but not too straight, relaxed but not collapsed, separated but not too far apart. The wrists are bent neither forward nor backward, a position which could be described as regal or elegant.

Although the optical illusion is that the elbows are contracting and coming closer to the chest, this is not the case. The chest remains sunk and the scapulae rounded.

The correct height of the hands is about level with the ears. This is also called "protecting the head."

## Lady Shuttle and Change of Direction

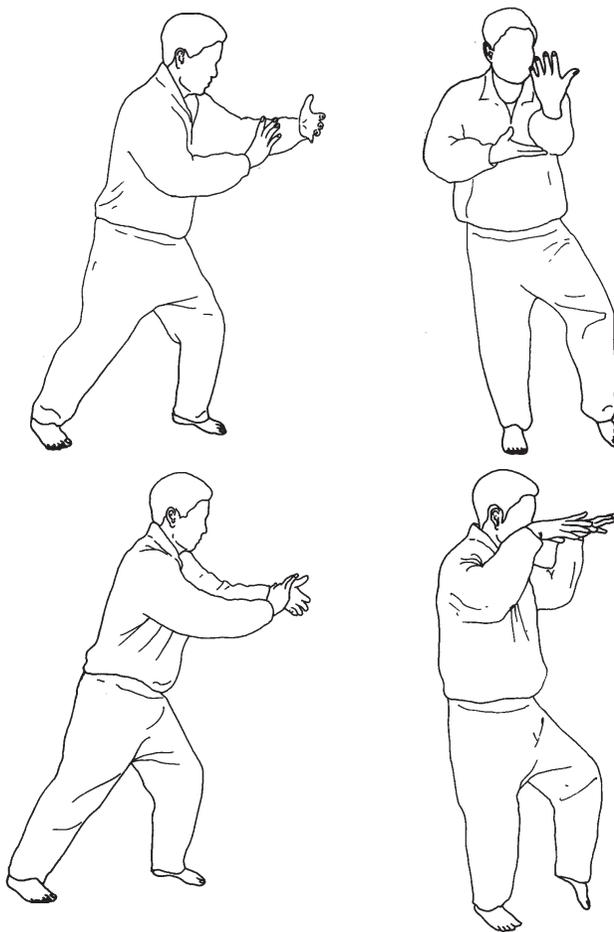


*Fig. 12 Lady Shuttle and Change of Direction*

**6-9.** After sinking back, the next move is pushing forward. Once again, begin to exhale as the left leg presses down into the earth. As the energy spirals upward, activate the sacral, T-11, and C-7 pumps as previously explained. Feel as if the body is going to jump upward, but take care not to bounce.

As the energy reaches C-7 and spreads to the arms, refrain from pushing from the elbows. Let the energy from the scapulae provide the main force. Add the energy of the cranial pump toward the end of the move by pushing the chin back.

When the energy reaches the palms and spreads to the fingers, the tendon power stretches the fingers, but the centers of the palms remain relaxed. Take care that the center of the palms does not come out so that the fingers bend back.

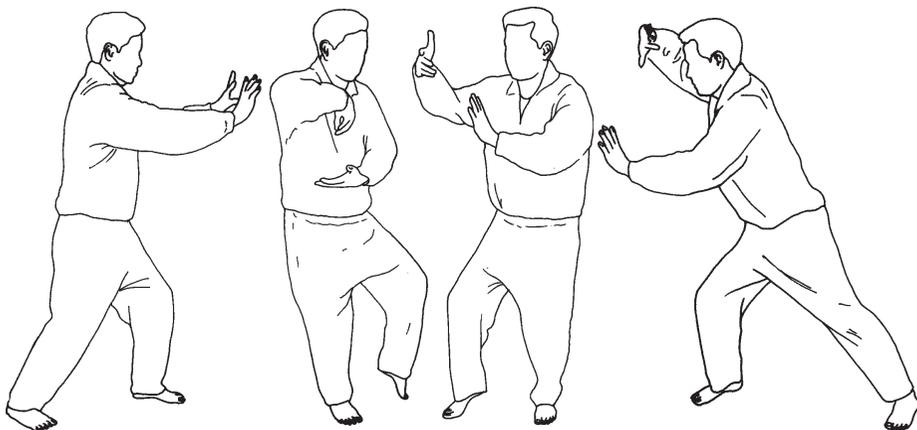


**Fig. 13** *Ward Off, Roll Back, Press and Sink Back*

The wrists remain perfectly straight in alignment with the forearm. A common mistake is to bend the wrists backward. In a combat situation, such a position is vulnerable and could injure the wrists by allowing an opponent to bend the hands totally back. The left arm and hand twist clockwise and the right arm spirals counterclockwise.

## Single Whip: South

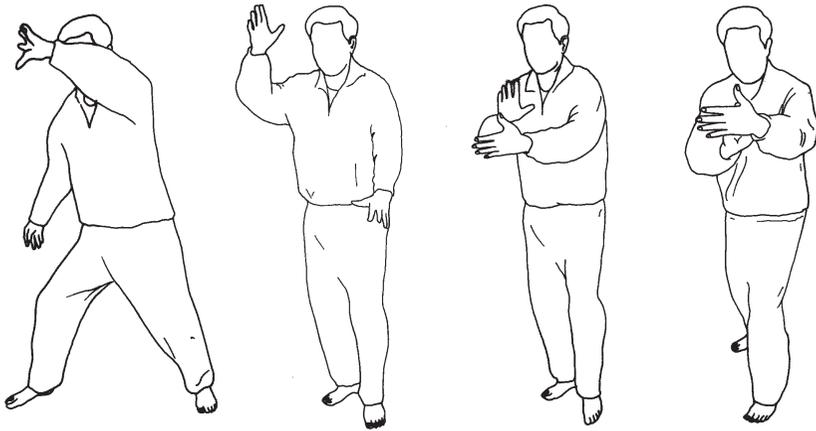
### Second Lady Shuttle: Change of Direction



*Fig. 14 Push, Single Whip, Sink Back and Lady Shuttle.*

**1-3.** Inhale as you sink back into the left leg. The elbows straighten (but not completely, always keep a slight bend in the elbows and knees to allow the Chi to flow through the joints) so the palms can face down to the ground. The arms are parallel to the ground.

**4.** Begin to exhale as your mind directs the Tan Tien Chi to turn to the left. The hip follows the turning of the Chi. The spine, shoulders, and head are turned by the turning of the hip; they do not turn independently.

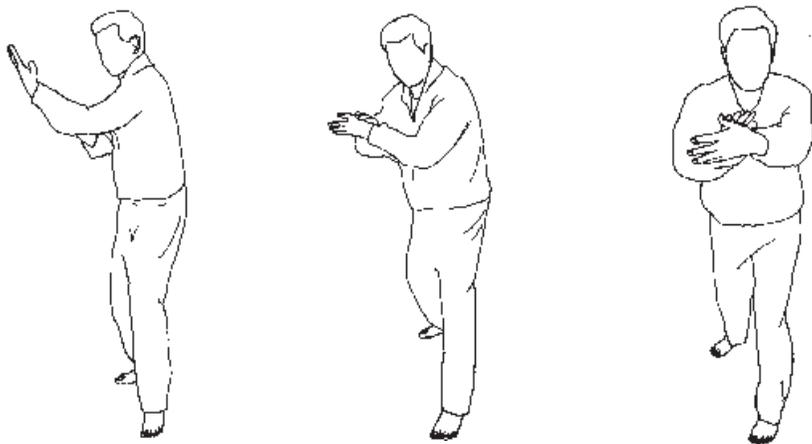


*Fig. 15 Circle Hands and Ward Off.*

**5-6.** During the turning of the hip, allow the right leg and foot, which are in front, to be pulled along and turned by the hip. Simply lift the right toes and pivot the foot on the heel. Continue turning until the hip cannot turn anymore (the hips will turn about 90 degrees to face the West). The right foot pivots, toes pointing West, then the sole is put back on the ground. It is important to keep the left leg stable as you turn the hip. Allow the left hip joint to rotate and close as much as possible as you turn.

**7-8.** Then release the lower back and turn the waist independently of the hips, twisting the lumbar vertebrae until the arms face Southwest. Exert a slight counter-twist to the right with the hips to keep them stationary as the waist and upper body twist to the left. Continue the twist with the upper spine and shoulders until the arms face South. A common mistake is to keep turning the head, eyes, and shoulders after the hip has ceased to turn, so the spine is twisted. Turning the waist produces a coiling force in the left leg, like a rubber band coiled around a stick in one direction. If the rubber band is attached to the end of a stick that is wound, when the stick is released, it spins as the energy is released from the coil of the rubber band. The left leg is the rubber band, and the arms are the stick at the end. The movement winds up the force in the leg and releases it up the leg, through the spine, and out the arms.

## Third Roll Back: Two Hand Press



*Fig. 16 Roll Back and Press.*

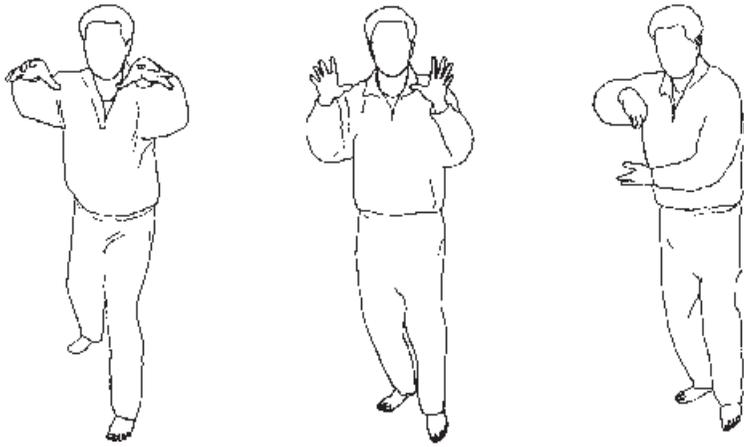
**1-2.** When you have reached your maximum turn to the left, inhale as you press the left leg to the ground and shift to the right. As you shift, you will allow the elbows to bend slightly.

**3.** Once you have shifted weight to the right, exhale as the hips turn toward the right. The coiled energy in the left leg is, thus, transferred to the right leg. All the weight is now on the right leg.

**4.** As the hips are turning right, the right arm bends at the elbow, and the right hand forms into a beak. The thumb and the pinkie finger touch, and all the other fingers press around them. The beak is an offensive weapon for pecking forcefully or for grabbing. If the pinkie finger is not protected by the other fingers, it can easily be broken.

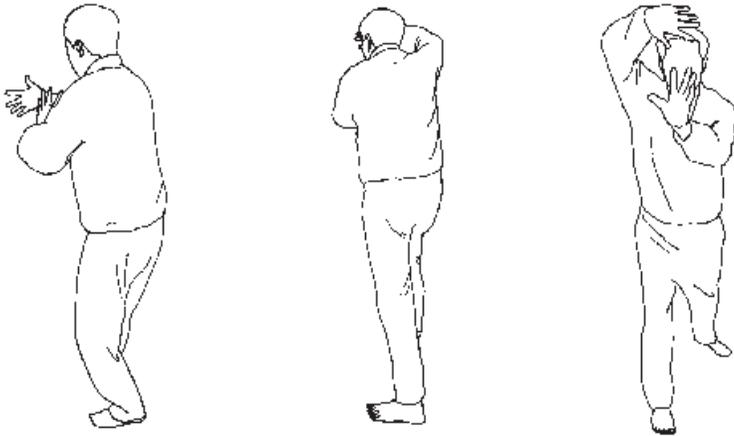
**5-7.** Simultaneously, as the right arm contracts and forms the beak, the left hand comes under the right elbow in a scooping motion. A common mistake is to move the right arm tightly close to the body and bring the left arm almost touching the abdomen. The sinking of the chest and the circularity of the arms is lost. The transfer of the force coiled in the leg then is broken at the scapulae.

The wrist of the right (beak) hand is held at a height between the shoulder and the bottom of the ear.



*Fig. 17 Sink Back, Push Strike and Forming the Beak*

### **Third Lady Shuttle: Changing Directions**



*Fig. 18 Lady Shuttle Strike.*

**1-2.** Inhale and begin releasing the coiled energy in the right leg by directing the Tan Tien Chi to turn the hip to the left. As the energy is released and the hip is turned left, the left foot pivots on the big toe. All the weight remains poised on the right leg.

3. As the force uncoils, it travels up the spine and is released through the right arm and the beak.

The beak is extended to the West, keeping the elbow slightly bent at the end of the movement. If the elbow were completely straightened or locked, it would be very difficult to retract the arm if it were grabbed, and the elbow could easily be dislocated.

## **Reaching to Heaven**

1-2. Once the coiled energy has been released through the right arm and all the weight is on the right foot, the left leg is free to step out wide.

The central line of gravity running from crown through perineum should be positioned directly over the right foot, so that you are completely balanced on the right leg, and the step with the left leg is smooth. If not, the step has to be made quickly before falling.

The left foot aims for an angle 45 degrees to the left from where the right foot is positioned. Once again, if one is working in a room, the leg would be placed toward the corner of the room with the foot facing the wall of the room.

## Transition Movement to Right Hand Form



*Fig. 19 Step Forward changing Directions to Right Hand Form.*

The heel of the left foot touches the ground first. The feet, if viewed from above, are at a 90 degree angle to each other. The right foot is still pointing to the West and the left to the South.

3. Exhale as the weight is shifted so it is equally distributed between the two feet.

Simultaneously with the shifting, the toes of the left foot come down, pointing directly South, bringing the other eight points of the foot into firm contact with the ground.

**4-5.** At the same time as the shifting, the left arm describes an arc with the palm facing the body; the left hand rises to the height of the face, about a forearm's length away from the face. Make certain to keep both shoulders relaxed and both elbows pointing toward the ground. The left hand is opened palm upward (reaching toward heaven), and the right hand retains the beak.

When the weight is equal on both feet, the right arm is positioned over the right leg and the left arm is over the left leg. The groin is open, and the hips face Southwest.

## Single Hand Push

**1-2.** Inhale and turn the right foot to face 45 degrees toward the Southwest, pivoting on the heel. The mind then directs the Tan Tien Chi to turn left. The hips follow.



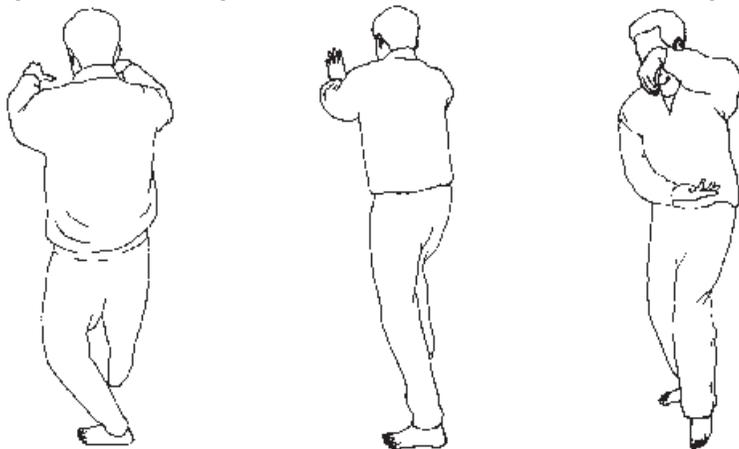
*Fig. 20 Ward Off, Roll Back and Press.*

**3-4.** Exhale as the right foot presses into the ground and begins to spiral the energy up the right leg.

**5-6.** The right leg begins to push into the ground, moving the hip to face South and spiraling the energy up into the hips and spine. The sacral, T-11, and C-7 pumps are activated as the energy spirals up. The chest is sunk and the scapulae rounded, transferring

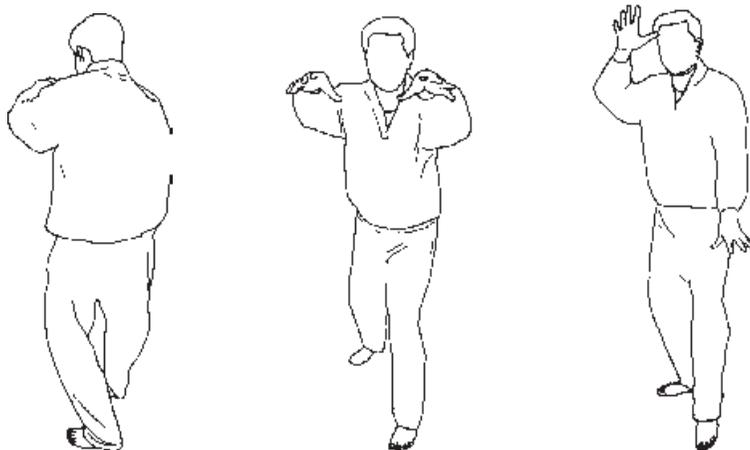
the force out the left arm. Finally, the force of the cranial pump is added by moving the chin back in a recoil action.

The elbow of the left arm is kept slightly bent, so the wrist of the left hand is not bent. Make sure the weight is 70 percent in the front leg. Open the groin of the front leg, and let your connection to the ground be stronger and down the inside of the front leg.



*Fig. 21 Forming Single Whip.*

## **Sink Back and Protect the Chest**



*Fig. 22 Sink Back and Push.*

**1-3.** Inhale and sink down on the right leg. At the same time, rotate the left wrist so the palm faces the body. The proper measure for this move is the Embracing the Tree arm position. Simultaneously, the right arm comes down to the side near the thigh, relaxing the fingers.

The chest remains sunk and the scapulae rounded.

## First Ward Off: Holding the Chi Ball



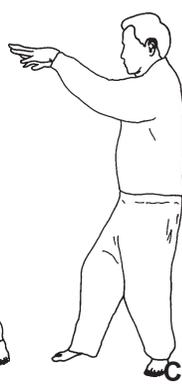
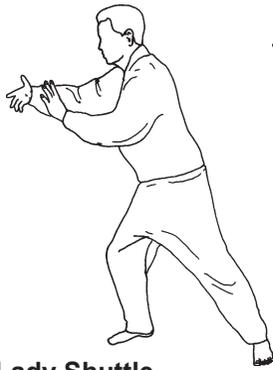
*Fig. 23 Push Strike, Forming the Beak and Lady Shuttle.*

**1-4.** Exhale and push forward with the right foot until the weight is about 60 percent on the left leg. The left hand begins to turn palm facing down. The right hand comes scooping from below. Simultaneously the Tan Tien Chi turns to the left side, turning the hips. Take care that the hips turn the spine, shoulders, and head.

From here on, the set repeats itself exactly as before, but with a new directional orientation. The rest of Grasping the Bird's Tail is now performed facing the West, followed by single Whip to the East.



**Lady Shuttle**



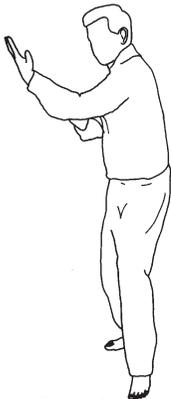
**Circle Hands**



**Forming Chi Ball**



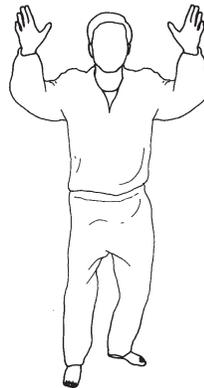
**Ward Off**



**Roll Back**



**Press**



**Sink Back**



**Push Strike**

**Fig. 24 Push Strike, Forming the Beak and Lady Shuttle.**

## Lady Shuttle: East



**Lady Shuttle Strike**



**Change Directions**



**Ward Off**



**Press**



**Sink Back**



**Push**

*Fig. 25 Complete Movements to East.*



**Forming the Beak**



**Single Whip Strike**



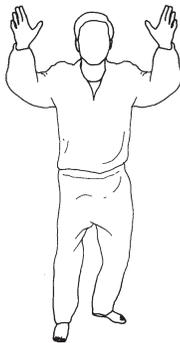
## **Completion: Closing Form**



**Sink Back**



**Step Back**



**Raise Hands**



**Lower Hands & Close Feet**



**Cross Hands**



**Center**



**Collect Energy**

**Fig. 26 Forming the Beak, Single Whip Strike and Completion.**

# Summary of Tai Chi Chi Kung II Form

In summary the following is a simple step by step guide through the complete Tai Chi Chi Kung II Discharge practice. The form will give you the impact you need for the full benefits of Tai Chi Chi Kung.

## ***South (S) Left Hand Ward Off - Press - Push***

1. ***Beginning Stance:*** Stand facing North with feet together knees straight. Relax, regulate and slow the breath with 'whole body breathing'. Head suspended from string connected to Heavenly Force. Feet connecting to the earth force. As in the preparation for any Tai Chi form the practitioner needs to make a transition from the everyday mind to the Tai Chi mind. This involves a recall of meditation experience within a moment. Breath slows down to an experience of whole body breathing. The mind with the aid of the Inner Smile sinks down via the Middle Tan Tien to the Lower Tan Tien. Consciousness expands to not only the tan tiens but also beyond to heaven and earth. A glimpse of the Wu Wei or blissful nothingness is remembered before the form is begun.
2. With the above as an initiation into the form, the practitioner sinks down, opens the armpits and fingers a little.
3. The left leg is shifted apart to shoulder width and at an angle of 30 Degrees outward from the forward direction.
4. ***Smile in Eyes down to Navel*** - Inhale - Round Scapulas - Sink Chest - Open Armpits - Exhale- Sink down-Shift Tail Bone to Right Heel - Left Heel comes up.
5. ***Inhale*** - Pick up Left Foot - Exhale - Set at Shoulders width apart - Iron Shirt I Posture - Left Foot Open.
6. ***Shift Tail Bone to Left Heel*** - Draw Right Hip forward stepping with Left Foot reach with Right Hand facing North.

7. **Draw Right Hip & Arm back** - Simultaneously move Left Hip and Hand forward shifting Tail Bone to Left Heel.
8. Turn Left -Torque Left Hip-Left Forearm protects Head - Right Foot 90 Degrees automatically (Hip moves body).
9. Shift Tail Bone to Right Heel - Left Hip - Foot - Arm Step wide on Left Toes facing South - Raise Right Hand from Right Hip circling with Left Hand twice forming Chi Ball.
10. **Ward Off Strike:** Sink Back - Kick Left Foot back - Discharge forward wide - Drag stiff Right Leg (Anchor Leg) Right Foot straight - No upper movement -Sink Back
11. **Roll Back:** Turn Hips to Right - Drop Right Hand to Left Elbow facing West-Eyes focus on Left Palm.
12. **Press Strike:** Outer Right Wrist connects to Inner Left Wrist - Kick Left Foot back - Discharge forward wide - Drag Right Foot straight (Anchor Leg) - No upper movement.
13. **Push Strike:** Sink Back - Separate Wrists - Open Palms - Kick Left Foot back - Discharge forward wide - Drag stiff Right Foot straight (Anchor Leg) - No upper movement.

### **South(Left) Single Whip-Step-Lady Shuttle West(Lt) Ward Off-Press-Push-Single Whip**

1. **Single Whip:** Sink Back - Turn Hips to Right facing West - Form Right Hand Beak over Left Palm - Weight on Right.
2. **Step Out:** Step Left Heel to South - Turn Left Foot 90 Degrees West while dropping Left Hand protecting Left Knee - Shift Tail Bone to Left Heel - Right Foot step wide to Right facing North circling Right Hand with Left Hand twice to Right forming Chi Ball weight on Left Foot.
3. **Lady Shuttle:** Sink Back - Strike - Push Left Hand Forward with Hip - Roll Right Hand up protecting Head facing North.
4. **Changing Directions:** Step Back with Left Foot pointing West opening Hip to West drawing Right Hand crossing Left Wrist down protecting Right Knee - Left Hand protecting Head - Shift

Tail Bone to Left Heel - Left Hand down to Left Knee & Right Hand up protecting Head - Shift Tail Bone to Right Heel circling Hands twice forming Ball facing West.

5. **Ward Off:** Sink Back - Same as to South striking West.
6. **Press:** Same as Ward Off connecting Wrists striking.
7. **Push:** Same as Press-Hands spread wide - Strike West.
8. **Single Whip:** Sink Back - Turn Hips to Right facing North - Form Right Hand Beak over Left Palm - Weight on Right.
9. **Step Out:** Step Left Heel to West - Turn Left Foot 90 Degrees North while dropping Left Hand protecting Left Knee - Shift Tail Bone to Left Heel - Right Foot step wide to Right facing East circling Right Hand with Left Hand twice to Right forming Chi Ball.
10. **Lady Shuttle:** Sink Back - Strike - Push Left Hand Forward with Hip - Roll Right Hand up protecting Head facing East.

### ***Changing Directions-North-East-South Corners-Transition to Right Hand - Ward Off***

1. **Changing Directions:** Step Back with Left Foot pointing North opening Hip to North drawing Right Hand crossing Left Wrist down protecting Right Knee - Left Hand protecting Head-Shift Tail Bone to Left Heel - Left Hand down to Left Knee & Right Hand up protecting Head - Shift Tail Bone to Right Heel circling Hands twice forming Ball facing North.
2. **Follow same procedure as West Corner** (Left Hand) for North, East, South Corners where West Corner ended.
3. **North Corner:** Ward Off - Rollback - Press - Push - Single Whip - Lady Shuttle - Changing Directions.
4. **East Corner:** Ward Off - Rollback - Press - Push - Single Whip - Lady Shuttle - Changing Directions.
5. **South Corner:** Ward Off - Rollback - Press - Push - Single Whip - Lady Shuttle - Transition Right Hand.
6. **Transition:** Left Foot steps forward-Shift Tail Bone to Left Heel - Draw Left Hand forward & Right Hand back - Shift Tail-

Bone to Right Heel - Left Hand to Left Hip & Right Hand forward - Turn Hip 90 to Right - Right Foot pointing East - Right Arm protects Head - Shift Tail Bone to Left Heel - Weight on Left Foot - Right Foot steps wide to Right facing South circling Right Hand Left Hand twice to Right forming Chi Ball.

7. **Ward Off Right Hand Strike:** Sink Back - Kick Left Foot back - Discharge forward wide - Drag stiff Right Leg (Anchor Leg) Right Foot straight - No upper movement.
8. **Complete South Corner:** Rollback - Press - Push - Single Whip - Lady Shuttle - Changing Directions.

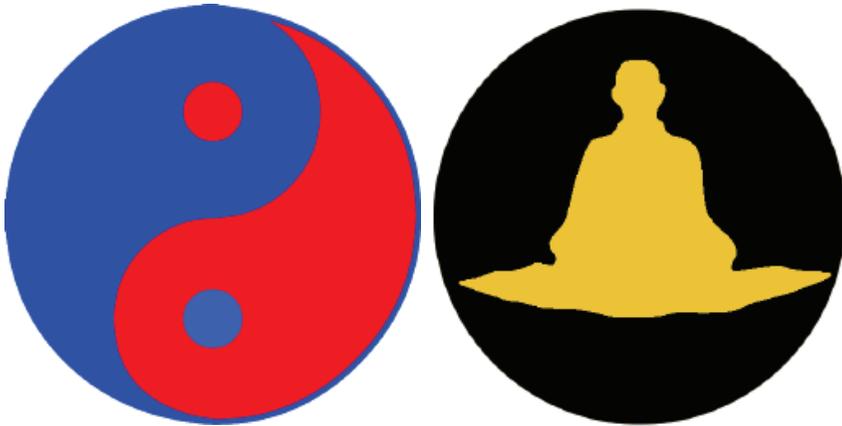
### ***Right Hand Ward Off-Press-Push-Single Whip-Lady Shuttle-Changing Directions East-North-W-South Corners-Completion***

1. **Follow same procedure as South Corner** (Right Hand) for East, North, West & South Corners where South ended.
2. **East Corner:** Ward Off - Rollback - Press - Push - Single Whip - Lady Shuttle - Changing Directions.
3. **West Corner:** Wardoff - Rollback - Press - Push - Single Whip - Lady Shuttle - Changing Directions.
4. **North Corner:** Ward Off - Rollback - Press - Push - Single Whip - Lady Shuttle - Changing Directions.
5. **South Corner:** Ward Off - Rollback - Press - Push - Single Whip - Lady Shuttle - Cross Hands - Completion.
6. **Completion:** Shift Tail Bone to Right Hip - Release Lady Shuttle - Open both Hands moving them up and outwards and downward drawing Left Foot straight back setting it down parallel to Right (Shifting Tail Bone to Left Heel) lift up right leg placing it parallel with left - Draw Feet together (Toes even).
7. **Raise Hands in Front of Body** (12") to Form X below Shoulders (Left Hand closer to Body). Distribute weight evenly between both Feet then simultaneously straighten Body and lower Hands to sides (Palms facing rear) - All movement ends

at same time - Relax and Center yourself and feel the Chi expand in your Body.

8. **Smile down** - Collect Energy at Navel.

This is an easy 39 Step guide for your daily Tai Chi Chi Kung Discharge practice from the Chi Cards (Level V) for your handy use.



## Tai Chi Chi Kung Discharge Form



Opening Stance



Step Out to Left



### Core Movements: Left Hand Form



Step Forward Right Foot and Hand



Sink Back



**Draw Back Right Hip and Arm**



**Shift Tail Bone to Left Heel**



## **Core Movements: Left Hand Form**



**Turn Hips to Left**



**Shift Tail Bone to Right Heel**



**Circle Hands Form Chi Ball**



**Ward Off Strike**



**Roll Back**



**Press Strike**

## **Core Movements: Left Hand Form**



**Raise Left Foot  
Push Strike**



**Sink Back**



**Form Beak  
for Single Whip**



**Sink Back**



**Step Out**



**Shift Tail Bone**

### **Core Movements: Left Hand Form**



**Lady Shuttle Strike**



**Roll Right Hand**



**Left Hand  
Protect Head**



**Change Directions**



**Form Chi Ball**



**Ward Off Strike**

## **Core Movements: Left Hand Form**



**Roll Back**



**Press Strike**



**Sink Back**



**Push Strike**



**Form the Beak**



**Lady Shuttle**

## **Core Movements: Left Hand Form**



**Lady Shuttle Strike**



**Change Directions**



**Form Chi Ball**



**Ward Off**



**Ward Off Strike**



**Roll Back**

**Core Movements: Left Hand Form**



**Press**



**Press Strike**



**Sink Back**



**Push**



**Push Strike**



**Form the Beak**

## **Core Movements: Left Hand Form**



**Lady Shuttle**



**Lady Shuttle Strike**



**Sink Back**



**Changing to Right Hand Form**



## **Core Movements: Right Hand Form**



**Forming Chi Ball**



**Ward Off Strike**



**Roll Back**



**Press Strike**



**Sink Back**

## **Core Movements: Right Hand Form**



**Push Strike**



**Form the Beak**



**Circle Hands**



**Lady Shuttle Strike**



## **Core Movements: Right Hand Form**



**Changing Directions**



**Form the Chi Ball**



**Ward Off Strike**



**Roll Back**



**Press**

## **Core Movements: Right Hand Form**



**Press Strike**



**Sink Back**



**Push Strike**



**Form Beak**



**Circle Hands**



**Lady Shuttle**

## **Core Movements: Right Hand Form**



**Lady Shuttle Strike**



**Changing Directions**



**Forming Chi Ball**



**Ward Off Strike**



**Sink Back**

### **Core Movements: Right Hand Form**



**Roll Back**



**Press Strike**



**Sink Back**



**Push**



**Push Strike**



**Forming Beak**

## **Core Movements: Right Hand Form**



**Lady Shuttle**



**Lady Shuttle Strike**



**Single Hand Push**



**Sink Back**



**Cross Hands**



## **Core Movements: Closing Form**



**Draw Hands Down**



**Close Feet**



**Collect Energy**

## Push Hands (Tui Shou)

The questions a student who wishes to learn the Yang Discharge Power form is: Why study Push Hands? How is it related to Discharge Power?

Discharge Power is never done in isolation. It is always done with an opponent or partner. While it can be demonstrated in a form or on a punching bag – ultimately it requires the interaction with another live being. Power needs to be borrowed from the opponent. Fa Jin requires a contribution from the opponent. The opponent's power is neutralized and returned a hundred fold. Power from the opponent helps initiate a release of energy from the earth and the tan tien. In turn this is appropriately transferred through the structure of the adept's body. Ideally Fa Jin can be released through a multitude of scenarios in combat situations. Push Hands encompasses the principles of fighting practiced but in a safe arena. Injuries are rare in Push Hands.

The reasons for studying push hands are the same as those for studying Jin. This involves the same principles in the march towards the Tao. Push Hands ultimately reveals deviation from wholeness of structure and ability to integrate mind with body, movement and another human being. Our defects are brought to the surface through interaction with another colleague whose purpose is similar to the aspiring adept. The defects are then slowly understood and healed. Progression to unity of vision, skill and movement towards the Tao occurs. Push Hands provides a vehicle for this pursuit for those who choose the path of combining martial prowess and the Tao.

## Stages of Development

The first stage entails the practitioner learning the Push Hands routine. Beginners and infrequent users can learn many of the principles with Single Push Hands. Double Push Hands can next be learnt according to the particular style of Tai Chi the adept has chosen. Being familiar with the routine is very important as uncertainty about form immediately creates anxiety or tension in both the structure and movement. Excessive tension is one of the most common faults in Tui Shou.

Once familiar with the movements then all the principles of the Iron Shirt training are able to merge with this game. This is not dissimilar to the process of learning a Tai Chi form such as Tai Chi Chi Kung I. The practitioner in Iron Shirt training learns to rely on energy to maintain structure. There is less and less reliance on muscle tension. Each of the five postures maintains the principles of Iron Shirt. The adept turns on the central axis of the Tai Chi pole (Central Thrusting Channel) and, thus, can evade or attack equally on the left or right sides. The Iron Shirt is developed enough to be executed on one leg, which means that even in the rear position, the kidneys stay back and the adept is strong.

Initially the Monkey Mind is used – but eventually the routine becomes so familiar that it can be forgotten by the intellectual mind. Once this happens the adept can really let go and utilize the integrated mind to interpret and understand the opponent. Now the body itself via the Tan Tiens interprets movements and acts in a reflex manner. Eventually, of course, the great masters can interpret at even a higher level. They sense the intention of the opponent even earlier and their whole body reacts as if directed by a spirit.

In Push Hands, the aim is “How to stay connected and move coherently while external forces are applied to the body”<sup>1</sup>. Ultimately

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<sup>1</sup> Mark Chen, *Old Frame Chen Family Taijiquan*, (California: North Atlantic Books, 2004), 182.

there can be no intellectual thought, just a merging with the opponent, and the Chi forces that surround the persons engaging. The coherence involves both Iron Shirt structure, release of power as per Tai Chi Chi Kung I and effortless movement that is centered on the Tai Chi pole or Central Thrusting Channel. Initially there is no connection to the opponent as the adept is too stiff and so self pre-occupied that listening is impossible. With familiarity of the form, the adept relaxes and begins to be soft. Next the adept just uses enough force such that only a hair will be bent but not squashed. The connection between the adept and opponent is maintained where appropriate. The self is not separate but a new identity in this merging. There is loss of forethought or past encounters with a focus on the present contact. At some stage however, when the opponent loses the foundation principle of Tui Shou, there is a disturbance which initiates an automatic response in the adept – this includes the release of force via the Eight Gates. The Tan Tien is charged and releases.

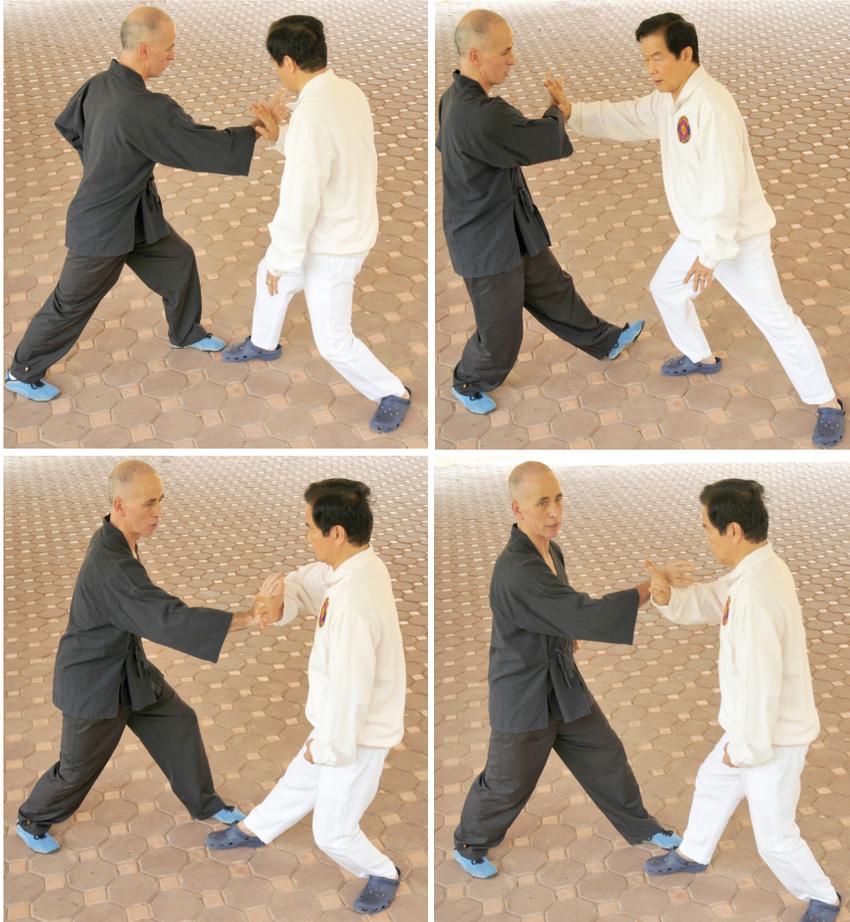
The choice of the gate used is based on a deep familiarity with each form such that the correct gate is chosen in the appropriate scenario. The choosing however is not an intellectual exercise but the decision that occurs in the integrated body mind that lets go to the heavenly and earthly forces. Ultimately this reaches a stage of 'No Method' with release of maximal power. In some, respects the correct path is learning to invest in loss. By losing and letting go the monkey mind and gradually assigning action to some greater but ill defined force—progress is made. However this is made on the setting of practice and discipline. Letting go would be useless to the novice who hasn't learnt the Eight Forces or the routine of Push Hands itself.

Mastering Push Hands is an important accomplishment. However it is not an end in itself. Push Hands is a recognized competitive sport. The adept should engage with others with a sense of humility and opportunity for self reflection. Losing is equal to winning and helps the adept in their journey towards the Tao.

# Routines

## 1. Single Handed Push Hands:

In the beginning position, the student starts facing forward with one leg in front of the other. All the principles of Iron Shirt apply.



*Fig. 27 Single Push Hands Posture.*

The arms are a little lower than embracing the tree posture. Make sure the kidneys are back. The hand is rotated so that the palm (ulna side) contacts the wrist of the opponent. Move forward maintaining structure and connection to the earth. Remember all the basics of Iron Shirt training with nine points of the feet in contact with the ground. Move the Tan Tien forward so that there is a slight pressure difference on the front of the Tan Tien. Leave the upper body relaxed but not floppy. The primary force here is Push (An). The opponent initially receives the force with Peng (see next section in this chapter). In other words, the force from the opponent is used to activate the Lower Tan Tien. When the opponent cannot retreat any further without falling backwards the opponent uses the oncoming force to rotate around the Central Thrusting Channel. The kidneys must be back in line with the rest of the back. Beginners, because they have not developed the Tan Tien tend to sink back with the bottom and keep their normal Lumbar Curve or Lordosis.



**Fig. 28** *Moving Backwards losing the Lumbar Lordosis.*

Alternatively the beginner practitioner will lean back with the shoulders most behind instead of relying on the Tan Tien to maintain posture.



**Fig. 29** *Leaning Back and Crunching of the Lower Vertebrae*

The gate used here is the Rollback (Lu). Upon completion of the rotation around the Central Thrusting Channel, the force makes a circle and then returns to the opponent as Peng again.

## ***Applications of Single-Handed Push Hands:***

### **1. Opponent is Pushing Excessively**

Lead opponents force to the rear side. Turn palm slightly such that there is an ounce of stickiness. Continue the direction of the force and uproot the opponent.



***Fig. 30 Single Push Hands Uprooting because of Excessive Force.***

2. The Push (An) can be initiated in a couple of scenarios. Sometimes an opponent may excessively pull back after a failed rollback on the adept's behalf. This is done because the opponent reacted with fear at the imminent uprooting. Consequently the adept follows the withdrawal and initiates a Push.



**Fig. 31** *Opponent withdrawing and the Adept following with a Push*

3. The second scenario is when an opponent does not maintain their Iron Shirt protection or Peng Force. This moment is seized and with a push at the apex of the circle the elbow is driven into the opponent to destroy the structure and topple the opponent.



*Fig. 32 Breaking an Opponent's Structure via Elbow.*

## 2. Double Push Hands (Simple):

Here the practitioner and the opponent make contact with both the wrist and elbow of one arm. The same circles are made as in the Single Hand Form. Thus in the first position, the practitioner starts with kidneys back and pushes on opponent's forearm.



*Fig. 33 Push Hands showing Hand and Elbow Contact with Feet Position.*

As above for the Single Hand Pushing, the second position is where the opponent cannot retreat any more so rotates on his Tai Chi pole (Central Thrusting Channel).



*Fig. 34 Two Handed Rotation*

In the third position, the opponent now returns the force as a Push to the opponent.\_



*Fig. 35 Ready for Push Posture*

### 3. Double Push Hands (Complex):

Inserted into the above Simple Two Hand Pushing is a Complex Hand Interchange.

To help the student learn these routines please note the following:

- a) Always receive a Push with the top arm which lies parallel to the chest.
- b) When the student can not retreat any more, then turn on the Central Thrusting Channel to the side of the Top Arm's Hand (Not Elbow)
- c) Use your rear hand to lift your opponents elbow so that now he can make that forearm horizontal and parallel to the chest.
- d) Allow the hands to move such that both palms connect with your opponents forearm.
- e) When changing sides, use your hand to lead the push to the opposite side and return the connecting opponents arm back to his side.



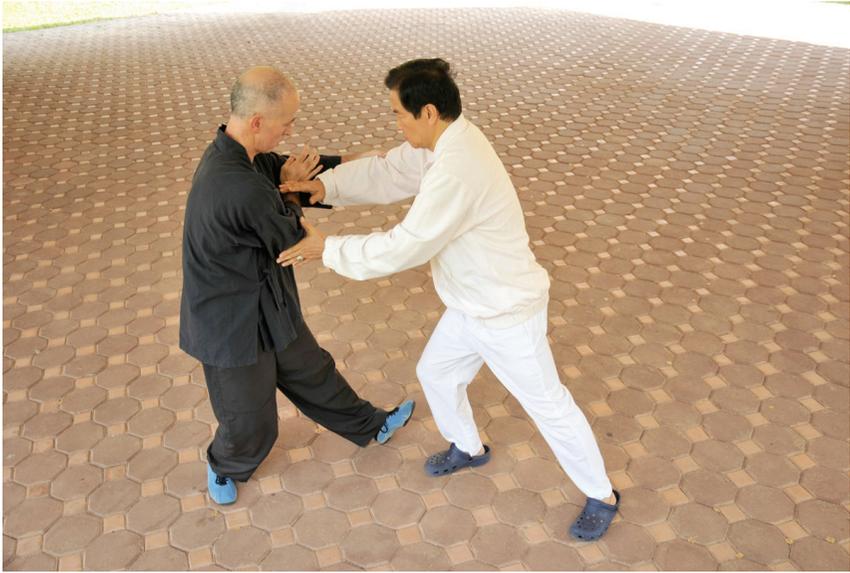
*Fig. 36 Push with the Top Arm.*



**Fig. 37** Turn on the Central Thrusting Channel to the side of the Top Arm's Hand.



**Fig. 38** Forearm Horizontal and Parallel to the Chest.



**Fig. 39** *Both Palms Connect with your Opponent's Forearm.*



**Fig. 40** *Return the Connecting Opponents Arm Back to his Side.*

## **4. Deeper Principles of Push Hands**

Once the routine of Push Hands is familiar and learnt by the body and mind then the deeper principles can be entertained. Firstly, the fundamental principle of maintaining iron shirt structure throughout the routine is paramount. This prevents the major faults of 'Bending Forwards' (Fu) or 'Backwards' (Yang). Then the principles of Connecting, Sticking, Adhering, and Following to the opponent are taken on. Next, Listening and Understanding the movements is studied in conjunction with the Eight Gates. Gradually with time the four faults of Butting, Deficiency, Losing Contact and Resisting disappear. Even if breaking from the opponent does occur then this does not de-stabilize the adept and reconnection is easy.

***For More Information on this Booklet and the Original Book, "Tai Chi Fa Jin" from Inner Traditions' website: [www.innertraditions.com](http://www.innertraditions.com) or it can be ordered at a local bookstore.***



**Mantak Chia**

## ***Universal Healing Tao System***

The Universal Healing Tao is a practical system of self-development that enables individuals to complete the harmonious evolution of their physical, mental, emotional and spiritual bodies. Through a series of ancient Chinese meditative and internal energy exercises, the practitioners learn to increase physical energy, release tension, improve health, practice self-defense and gain the ability to heal themselves and others. In the process of creating a solid foundation of health and well-being in the physical body, they also create the basis for developing their spiritual potential. By learning to tap the natural energies of the Sun, Moon, Earth, Stars and environmental forces around us, the practitioner attains the ability to develop and nurture a solid spiritual body. The ultimate goal of Taoist practice is to transcend physical boundaries through the development of the soul and the spirit within the human form.

The Universal Healing Tao practices are derived from ancient techniques rooted in the processes of nature. They have been gathered and integrated into a coherent, accessible system for well-being. Universal Healing Tao System is not a religion and does not require the belief in any set of deities or gods. The techniques work directly with the life force, 'Chi', flowing through the meridian system of the body. The aim of the Universal Healing Tao System is to restore the individual to a condition of harmony with the flow of the forces of nature. Master Chia's method of teaching is direct and practical. Years have been spent developing and perfecting techniques for passing these traditional practices to students around the world. The emphasis is always on mastering the actual practice. The system includes a complete set of practices divided into the Four Branch Healing Arts of the Universal Healing Tao System derived from the Master Chia's original Nine Inner Alchemy Levels from his Taoist Master White Cloud.

## **Instructor & Practitioner Status/Certification Keys**

### **Universal Healing Tao System (UHTS) - Inner Alchemy Levels**

<b>Inner Alchemy Level I</b>		<b>Chi Nei Tsang</b>	
AI	Associate Instructor (Simple Basics)	<b>Energetic Medical Chi Kung</b>	
BA	Inner Smile, 6 Sounds, Orbit	Level I	C1 Practitioner
I1	Iron Shirt Chi Kung I	Level II	C2 Intermediate Practitioner
AT	Associate Instructor (Simple Tai Chi)		C3 Assistant Teacher
C	Certified Instructor		CT Teacher
HL	Healing Love		KT Karsai Teacher
TY	Tao Yin	Level III	ST Senior Teacher
TT	Tan Tien Chi Kung		
T1	Tai Chi Chi Kung I		
<b>Inner Alchemy Level II</b>		<b>Cosmic Healing</b>	
S	Senior Instructor	<b>Energetic Medical Chi Kung</b>	
HL	Healing Love, Multi-Organic Man	Level I	H1 Practitioner
		Level II	H2 Advanced Practitioner
			H3 Assistant Teacher
			HT Teacher
		Level III	SH Senior Teacher
<b>Inner Alchemy Level II</b>		<b>Immortal Tao</b>	
F1	Fusion of Five Elements I	<b>Inner Alchemy Levels IV-XI</b>	
F2	Fusion of Five Elements II	IA	Inner Alchemy Instruction
F3	Fusion of Five Elements III	K1	<b>Inner Alchemy Level IV:</b> Lesser Kan & Li
		K2	<b>Inner Alchemy Level V:</b> Greater Kan & Li
		K3	<b>Inner Alchemy Level VI:</b> Greatest Kan & Li
		IS	Senior Inner Alchemy Instructor
		SF	<b>Inner Alchemy Level VII:</b> Sealing of the Five Senses
		IT	Immortal UHT Instructor
		HE	<b>Inner Alchemy Level VIII:</b> Congress Heaven & Earth
		HM	<b>Inner Alchemy Level IX:</b> Reunion Heaven & Man
<b>Advanced Chi Kung</b>			
I2	Iron Shirt CK II (Tendon Nei Kung)		
I3	Iron Shirt CK III (Bone Marrow Nei Kung)		
T2	Tai Chi Chi Kung II (Discharge Form)		
T3	Tai Chi Chi Kung III (Wu Style Form)		
T4	Tai Chi Chi Kung IV (Chen Style Form)		
T5	Tai Chi Chi Kung V (Sun Style Form)		
T6	Tai Chi Chi Kung VI (Sword Form)		
T7	Tai Chi Chi Kung VII (Stick Form)		
T8	Tai Chi Chi Kung VIII (36 Movements)		
T9	Tai Chi Chi Kung IX (108 Movements)		
P	Pakua Palm (Bagua Form)		
G1	Hsing I (Five Element Form)		

Next to many of the courses in the System Course Chart and in the Course Description section, you will notice a code letter in parentheses. The code letter indicates that the course is required as part of an Universal Healing Tao instructor and practitioner training. One or more courses may be required for instructor and practitioner certification for the level represented by the letter. A prospective instructor and practitioner must be experienced and competent in the practices taught in the course. An instructor and practitioner candidate must also demonstrate the ability to teach the related contents of the course to the public. For example: Cosmic Inner Smile, Wisdom Chi Kung, Cosmic Six Healing Sounds, Awaken Cosmic Healing Energy (Microcosmic Orbit), World Link Meditation and Chi Self-Massage each have the "(BA)" code letter beside them. This means that these courses are part of the Microcosmic Orbit instructor certification. New instructor candidates must be proficient in each of these courses. Previously certified instructors must update their training to include the more recent modifications in the courses offered.

# Universal Healing Tao System (UHTS)

## Four Branches of the Healing Arts Course Chart

<b>Living Tao (Emotional)</b>	<b>Chi Nei Tsang (Physical)</b>	<b>Cosmic Healing (Energy)</b>
<p style="text-align: center;"><b>Inner Alchemy Level I</b></p> <p>Cosmic Inner Smile Wisdom Chi Kung Six Healing Sounds Microcosmic Orbit Meditation World Link Meditation Six Directions Opening 3 Tan Tiens Chi Self-Massage Simple Warm Up Chi Kung Iron Shirt Chi Kung I Tao Yin Tan Tien Chi Kung Tai Chi Chi Kung I (Yang)</p> <p style="text-align: center;"><b>Inner Alchemy Level II</b></p> <p>Healing Love Sexual Reflexology Multi-Orgasmic Series Comic Nutrition Five Element Nutrition Taoist Healing Foods Cosmic Detox Pi Gu Chi Kung</p> <p style="text-align: center;"><b>Inner Alchemy Level III</b></p> <p>Fusion of 5 Elements (FI) Cosmic Fusion (FII) Fusion 8 Physic Channels (FIII)</p> <p style="text-align: center;"><b>Advanced Chi Kung:</b></p> <p>Iron Shirt Chi Kung II (Tendon Nei Kung) Iron Shirt Chi Kung III (Bone Marrow Nei Kung) Tai Chi Chi Kung II (Fa Jin) Tai Chi Chi Kung III (Wu) Tai Chi Chi Kung IV (Chen) Tai Chi Chi Kung V (Sun) Tai Chi Chi Kung VI (Sword) Tai Chi Chi Kung VII (Stick) Tai Chi VIII (36 Movements) Tai Chi IX (108 Movements) Pakua Palm (8 Directions) Hsing I (Five Elements)</p>	<p style="text-align: center;"><b>Energetic Medical Chi Kung Level I</b></p> <p>Chi Nei Tsang I Golden Elixir Chi Kung</p> <p style="text-align: center;"><b>Level II</b></p> <p>Chi Nei Tsang II Karsai Nei Tsang (IV)</p> <p style="text-align: center;"><b>Advanced Chi Kung:</b></p> <p>Sword Finger Kung Fu</p> <p style="text-align: center;"><b>Level III</b></p> <p>Chi Nei Ching (III) Life Force Massage Cranio-Sacral Chi Kung Origins of Chi Nei Tsang Chi Nei Tsang Microcurrent</p> <p style="text-align: center;"><b>Advanced Wisdom:</b></p> <p>Secrets of Tao Te Ching Living in the Tao The Tao of Immortality Cosmic Astrology Inner Alchemy Astrology Taoist Shaman Taoist Emotional Recycling</p>	<p style="text-align: center;"><b>Energetic Medical Chi Kung Level I</b></p> <p>Activating Empty Force Cosmic Chi Kung Six Directions Opening 3 Tan Tiens Fire Ring Chi Kung (10 Branches)</p> <p style="text-align: center;"><b>Level II</b></p> <p>Connecting the Universe Color Healing</p> <p style="text-align: center;"><b>Advanced Chi Kung:</b></p> <p>Chi Field Chi Kung Universal Linking (12 Heavenly Stems)</p> <p style="text-align: center;"><b>Level III</b></p> <p>Taoist Cosmology Taoist Astral Healing Senior Teacher</p>
<b>Immortal Tao (Spirit Body)</b>		
	<p style="text-align: center;"><b>Inner Alchemy Level IV</b></p> <p>Lesser Kan &amp; Li</p> <p style="text-align: center;"><b>Inner Alchemy Level V</b></p> <p>Greater Kan &amp; Li</p> <p style="text-align: center;"><b>Inner Alchemy Level VI</b></p> <p>Greatest Kan &amp; Li</p>	<p style="text-align: center;"><b>Inner Alchemy Level VII</b></p> <p>Sealing of Five Senses</p> <p style="text-align: center;"><b>Inner Alchemy Level VIII</b></p> <p>Congress Heaven and Earth</p> <p style="text-align: center;"><b>Inner Alchemy Level IX</b></p> <p>Reunion Heaven and Man</p>
<p><i>Courses are generally taught as part of a retreat, workshop, seminar, or ongoing class. Depending on time constraints, several courses, or fewer, may be offered within the given format. Following each course description is a list of Universal Healing Tao supporting reference materials that are available. One may order from the <b>Universal Healing Tao Eproducts Website</b>: <a href="http://www.universal-tao-eproducts.com">www.universal-tao-eproducts.com</a>. Beside the name of each item, there are identifying letters and numbers. The letters indicate the kind of item as follows: Book (B_), Digital Video Disk (DVD_), Poster (P_), Booklet (BL_).</i></p>		

# UHT Practices - Chi Cards

The Chi Cards are designed to give short, concise reminders of what to do. Books are reduced to formulas on a few cards. The Universal Healing Tao practices are arranged in Chi Card Levels 1-6. Instead of fumbling through the books when you practice, you can now simply have a Chi Card available to help you complete the formula and proceed smoothly in your practices. You can use the Chi Cards to help clarify, purify, transform, regenerate and transcend your energy. There are twenty cards in a packet (playing card size), which are easy to read and you can carry them anywhere you go. The front side of the card is the actual formula written down step by step and on the reverse side there are visual colored illustrations of the formulas, so you can follow them visually.

**Cosmic Inner Smile**  
Transform Stress into Vitality

**Front Line - Functional Channel (Pg 43)**

1. Be aware of smiling Cosmic Energy in front of you: **Breathe it into your Eyes. Smile down to Nose, Cheeks, & lift up corners of Mouth (Tongue to Palate).**
2. Smile in **Neck, Throat, Thyroid, Parathyroid & Thymus.**
3. Smile in **Heart** feeling joy & love spread out to the **Lung, Liver, Spleen, Pancreas, Kidneys & Genitals.**

**Middle Line - Digestive System (Pg 49)**

1. Bring smiling Energy into Eyes; then **Down to Mouth - Swallow Saliva** smiling down **Stomach, Small Intestine (Duodenum, Jejunum & Ileum), Large Intestine (Ascending - Transverse - Descending), Rectum & Anus.**

**Back Line - Governor Channel (Pg 51)**

1. Smile - Look up into mideyebrow to **Pituitary Gland (3") Breathe in Bright Golden Light** shining through Brain.
2. Smile (Spiral) into **Thalamus, Pineal Gland (Crystal Room), left & Right Brain to Crown & Base of Skull.**
3. Smile **down to each Vertebrae:** 7 Cervicals (Neck), 12 Thoracics (Chest), 5 Lumbar (Lower Back), & Sacrum.

**All 3 Lines - Entire Body (Pg 55)**

1. Smile down **Front, Middle & Back Lines;** then do all **simultaneously** feeling like a **Cooling Waterfall or Glowing Sunshine** of Cosmic Energy, **Smiles, Joy & Love.**

**Collect Energy in Navel (Pg 56)**

1. Smile in Navel (1") - Spiral with Mind or Hands outwardly **36x** (Diaphragm to Pubic Bone) reverse **24x** back to Navel (**Male** spiral Clockwise to Counter/Clockwise, **Female** reverse) storing the Energy safely in Navel.

CC 1 (1)

CC1 (1) © Mantak Chia

## Chi Card Sets

**Level 1** - Inner Smile, Healing Sounds, Chi Self Massage, Six Direction, Cosmic Orbit, Healing Love, Wisdom Chi Kung, Iron Shirt I.

**Level 2** - Bone Marrow Nei Kung, Fusion I, Tai Chi Chi Kung I.

**Level 3** - Fusion II, Cosmic Healing Chi Kung & Chi Nei Tsang, Universal World Link & Tree, Sun & Moon Chi Kung.

**Level 4** - Tao Yin, Iron Shirt II, Fusion III, Tan Tien & Simple Chi Kung, Empty Force & Cosmic Cleansing.

**Level 5** - Cosmic Healing II - Eight Body Manifestation Meditation, Chi Nei Tsang II (Twelve Winds), Elixir Chi Kung, Tai Chi Chi Kung II (Yang Discharge Fast Form).

**Level 6** - Enlightenment of Lesser Kan and Li, Karsai Nei Tsang (Genital Massage), Tai Chi Chi Kung III (Wu Style Short Form).



# Universal Healing Tao Center at Tao Garden Health Spa & Resort



**The first & best East-West holistic resort & health spa  
in a beautiful and healthy environment**

*Universal Healing Tao Center* in northern Thailand is the home of Master Chia and serves as the worldwide headquarters for Universal Healing Tao activities. This integrated wellness, holistic health, and training center is situated on eighty acres surrounded by the beautiful Himalayan foothills near the historic walled city of Chiang Mai. The serene setting includes flower and herb gardens ideal for meditation, open-air pavilions for practicing Chi Kung and a health and fitness spa.

The Center offers classes year-round, as well as summer and winter retreats. It can accommodate two hundred students, and group leasing can be other resources.

**Tao Garden Health Spa & Resort** is the perfect place to get away from the city and other modern annoyances. It is a place where guests can pick and choose from a wide selection of disciplines ranging from detoxification and parasite cleansing program such as skin detox (Thai herbal oxygen and ozone steam), foot detox, Chi Nei Tsang (abdominal detox massage) and Karsai Nei Tsang (genital detox massage). Loosing weight program such as slimming massage and herbal steam bath. Ancient holistic treatments such as ayurvedic body care, traditional Chinese medicine, Chi Kung, meditation and yoga.

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**Universal Healing Tao Center  
of the Healing Tao, Tao Yoga,  
Universal Healing Tao System  
at Tao Garden Health Spa & Resort**

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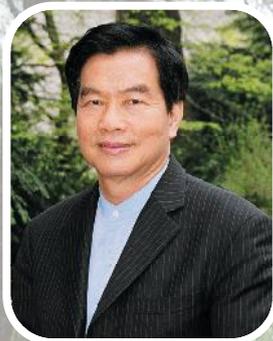


*Tao Garden Health Spa and Resort is Mantak Chia's home, school and training center. The Resort is a perfect place to heal, relax and get away from the pressures of every day life for groups and individuals. Please look into our Web Site: [www.tao-garden.com](http://www.tao-garden.com)*

**Tao Garden Health Spa & Resort  
(Health Spa in a Healthy Environment)**

**Good Air \* Good Water \* Good Food  
Good Chi \* Good Heart \* Good Mind**

*The Universal Healing Tao is not and cannot be responsible for the consequences of any practice or misuse of the information in this book. If the reader undertakes any exercise without strictly following the instructions, notes, and warnings, the responsibility must lie solely with the reader.*



**Master Mantak Chia is the creator of Universal Healing Tao System, Healing Tao, Tao Yoga and is the director of the Universal Healing Tao School at Tao Garden Health Resort in the beautiful northern countryside of Chiangmai, Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Healing Tao System which is now being taught throughout the world for the past fifty years.**

This booklet gives a clear, detailed description of the Tai Chi Chi Kung Yang Discharge Form practiced in the Universal Healing Tao System. This form facilitates and promotes the use of discharge power pronounced in Chinese as Fa Jin with hundreds of drawings and detailed illustrations. It also covers the use of the eight variations of discharge power known as the Ba Fa Jin. These are explored in the context of push hands (Tui Shou).

The author show how the discharge power is revealed through the discharge form and technical exercises. The principles are revealed using a tripartite approach based on the foundation of the Universal Healing Tao System through the Iron Shirt Chi Kung I and Tai Chi Chi Kung I practices.

Master Chia provides you a clearly written and illustrated booklet of the discharge power within the lineage of internal martial arts and gives you their own translation of the Tai Chi classics, which are referred to throughout this text.

All Tai Chi practitioners, beginners even through to advanced forms should read this book. Not only for the purpose of harnessing martial art power but also as the classics reveal, learning the "Jin" that will assist every student in both their spiritual and healing journey.

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