

Subject: Tung's "TCC Explained"

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Apologies to those who find material on CSF [Chang San Feng] boring or of no significance. Best wishes and congratulations to those who can see the significance.

Tung on his page 13 described his view in his "Origin of TCC".

"TCC was passed down by the sacred Taoist Priest Zhang San Feng. He was a native of Yu Zhou in east Liaoning province. He lived in the late stage of the Sung dynasty. He was seven feet in height. He was of a majestic appearance with a full and round face and bore a kindly look and beautiful beard. His hair worn in a bun on the top of his head. He always wore a large bamboo hat regardless whether it was summer or winter. With a horsetail whisk, he could walk many miles a day.

In the early stage of the Emperor Hong Wu of the Ming Dynasty, he went to Suchuan Province to build a thatch monastery on Mt. TaiHu, named YuXiuKong, in order to cultivate himself. Later he moved to Mt. Bao Ji in Shanxi Province. Finally, he settled on Mt. WuDan of Hubei Province. There he never tired of discussing and lecturing on the classics or scriptures with his fellow countrymen.

One day, while reading scriptures in his home, he heard a peculiar crow of a magpie from outside his home. He went to the window to look outside and saw a magpie in a nearby cypress tree looking eagerly, focused like a hawk hunting food, towards the ground.

On the ground was a long snake coiled up in a circle. The snake's head was stretched out looking upward towards the magpie in the tree. With a squawk the bird flapped its wings and dove downward to attack the snake. The snake escaped the bird's assault by slightly turning its head and body. The bird returned to the tree. After a short period, the bird again dove downward to attack the snake. Again, the snake used circular movements to evade the bird's assault.

Despite several attempts diving at the snake, from his perch in the tree, the magpie was unable to succeed with his intention. When at last the Priest went outside to observe closer, both the bird and the snake has disappeared.

Zhang San Feng, however, was struck by this incident. He experienced an epiphany and sudden enlightenment of using the interaction of rou (softness) and gan (hardness), with the evolution of dynamic and stillness in movement to develop taichichuan.

Semblances and artifacts of Zhang SanFeng are preserved in the Bai Yin Temple in Beijing and on Mt. Bao Ji for those who wish to pay their respects."

Chapter entitled "The Steps in Learning TCC"

Do not talk too much about the theories of tcc in the beginning. You must mainly listen and learn how to do the form correctly from the teacher. When doing the exercise, you must relax the muscles of the body and not use force.

Learning one or two methods every day is quite enough. The whole set of the forms may be learned in three months. Another three months are needed to adjust the postures of the forms. If 80% or 90% of the forms can be made correctly according to the standard, it will become your treasure for obtaining health and well-being for your whole life.

For the more eager student, another three months are needed to learn the turnings and directions of the forms according to the rules of the method. Still another three months are needed to learn use of strength and the chi of tai chi. The total time needed will be approximately one year. However, without the teaching of a good master, a successful result can hardly be attained.

Push-hands may be started after six months of learning the forms. At the start of training, the two men should learn to adhere to each other's hands and draw circles without using force.

In the second month, you can learn the methods of warding, diverting, pressing, and pushing. In the third month, you can try to use the way of neutralizing. First learn the method of neutralizing with the elbows then the waist and the shoulders. The movements should be ROUND and flexible until you can neutralize with your whole body and adapt yourself to ever changing conditions.

Thereafter, another three months are needed to learn the practical uses of warding, diverting, pressing, pushing, and the skill of neutralizing with attacking. These also take about one year altogether. In the meantime, you can also learn the tai chi sword play.

Through hard working the learner may be proficient in the forms, the sword play, and push-hands in one and a half years and reach the stage of the so-called 'minor achievement'. If he continues to take painstaking practice for another one and a half years, he may become proficient in the various manipulations of push-hands, the methods of sword play, and the long spear. His body will become strong, he will be skilled in the techniques of self-defense, and reach the stage of the so-called 'medium attainment'.

The situation of the learner after these three years practicing will be quite different. He should continue to learn ardently from a super skilled master. The methods he has to learn are, as the Taoist described - to produce the chi from the jing (essence of the body), to refine the spirit from practicing the chi, and, finally, to return the spirit to emptiness until he reaches the stage of the so-called 'major attainment'.

The achievements in push-hands can also be divided into three stages: Skilled in push-hands with large circles is the minor achievement; the smaller circles is the medium achievement; and combining neutralizing with attacking with no circle is the major

achievement. The larger circle can be changed into the smaller circle and the smaller circle becomes no circle.

This coincides with the classic saying that tai chi is created from wu chi. There is the evolving and changing of yin and yang, the theory of bagua, and the five elements theory. All of these are interacting and ever changing yet can be attributed to only one aspect. The skill of the learner who has attained the major attainment will be invincible. I can not be sure how long will be needed for the learner to reach this final target. It depends on the learner's talent and hard working. There is no limit to the knowledge of taichichuan, however, the more you practice, the more will be your attainment."

Tung Ying Chieh "TCC Explained"

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