

Subject: Fa Jing in Taijiquan

Date: Sat, 18 Apr 1998

The traditional Yang style slow set as taught by Yang Chen Fu is done in a smooth manner. The opening, or expanding phase of the movements, is done smoothly. While there is plenty of strong energy there, it is not of an explosive character, which is one of the characteristics of fa jing.

So, while you can develop the base from which you can fa jing in the slow set, you don't see it in the performance of the slow set.

Tung Ying Chien and Yang Chen Fu collaborated on a "fast set" which was unfinished at the time of Yang's death. Later Tung finished it. It is now taught by his grandsons Tung Kai Ying and Dong Zeng Chen. Dong calls the set "Hua jin quan" (sorry about the spelling!) which means "changing energy fist". This was taught by Tung Hu Ling (Dong's father) as the "#2" set.

This fast set looks a lot like the Yang style slow set done quickly. But there are some significant differences. For example some of the movements are done in a slow and very soft manner, followed by an explosive movement which is the expression of the fa jing.

Tung Ying Chieh later took this development further as he created the Tung (Dong) family fast set. This set also is characterized by loose movements coupled with explosive movements.

Both of these latter two taiji sets are useful in the development of fa jing.

Aloha,

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