

SONG OF FORM AND FUNCTION

BY CHENG MAN-CHING

*Tai Chi Chuan, the thirteen postures.
The marvel lies in the two chi divided into Yin and Yang. It transforms
the myriad and returns to the one.
Returns to the One, Tai Chi Chuan.
The Liang I (2 powers) and the Four Manifestations are chaos and
boundless.*

*To ride the winds suspend the head top.
I have some words to reveal to those who can understand.
If the Yung ch'uan has no root and the waist has no commander,
studying hard until death will be of no use.
The form and function are mutually connected and nothing more.*

*The Universal Chi can be conducted to the hand.
Peng, Lu, Chi, An, Tsai, Liea, Jou, Kow (13 postures).
Advance, retreat, look left, look right, central equilibrium.
Not neutralizing it naturally neutralizes, not yielding it naturally yields.*

*Before you advance, shift backward.
The body is like a floating cloud.
In Tuishou the hands are not needed.
The whole body is a hand, the hand is not a hand.
But the mind must stay in the tan tien.*

Written for Andrew by Grandmaster Tchoung Ta-Tchen