

## 静功缠丝太极拳的特点

Stillness and Movement the special characteristics of Spiral Taijiquan.

Translated from the Chinese by Bob Lau 8 March 2009.

### Preface

The current translation is based on one of the articles on Master Qian's website, <http://masterqian.multiply.com/>. This translation is more of an interpretation. I have discovered it is much easier to read Chinese text and internally understand the meaning than to put it into written English. Accordingly, what is presented below is my translation/interpretation. My rendition omits some words, hopefully without compromising the essence. To truly understand the meaning of any work of writing, I think it is always best to read it in the original language as translation is often limited by the translator's understanding of the topic, language and cultural background. Therefore, also presented below is the original Chinese text in simplified characters along with my annotations in English.

Not everyone is blessed with time, inclination and resources to learn a new language. I have been blessed with time and inclination and some resources. So I offer this translation as a small token of my gratitude to all.

### The Text:

Stillness and movement are the special aspects of Chan Si Taijiquan, whether your purpose is martial prowess or being in good health. Although the fundamental theory behind all styles of Taijiquan are the same, Spiral Taijiquan's martial aspect is unique for its stillness and spiral (silk twinning) movements.

"Stillness results in song [or looseness] and selflessness, i.e., forgetting about your self. Silk twinning or spiral training causes each joint of the body to work in cooperation to make the muscles and flesh of the body to continuously wring and stretch itself." Mr. Chen Ji-sheng.<sup>1</sup>

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<sup>1</sup> Chen Ji-sheng 陈其生, Master Qian's teacher of Spiral Taijiquan.

Spiral movement is the transformation of empty and full. This transformation is obtainable because spirals are circles within circles that are continuously and unbrokenly transforming into each other.<sup>2</sup> This kind of continuous movement enables the flesh of the body expand and contract within the blink of an eye.

The combination of stillness [quiet-looseness] and spiral training has an immediate effect on the functioning of the cerebral cortex allowing renewal and rest. So the ability to express and restrain oneself will achieve equilibrium. At the same time, one's awareness of the outer environment and inner muscles of the body will improve.

Mr. Wang De-kun, a brain researcher discovered that Spiral Taijiquan is unlike any other Taijiquan. Through testing and surveying he discovered that when practicing Spiral Taijiquan there is an increase in brainwave amplitude and frequency. Mr. Wang praised this style of Taijiquan for its ability to harmonize and perfect the functioning of the brain.

Quoting Chen Ji-Sheng:

Stillness is the true essence of inner martial arts training; spiral is the marvelous martial skill. . . Thus to practice this art, one must have these requirements: the entire body must be relaxed and loose, the mind must be calm, the Qi must be sunk, and the movements must be slow. In the beginning

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2. Consider the Taiji symbol and imagine yin and yang are constantly changing and chasing each other.

stages, one must follow the requirements and standards, first of all, the posture must be upright, next the movements must be accurate, neither too rigid, nor too lax, the movements must be even and without stop. Eventually, one will achieve relaxed quietness, even pace, fullness, agility, having movement within stillness, having stillness within movement, moving being similar to not moving, not moving being similar to moving, above and below mutually follow one another, internal and external become one, and merging of the spirit and the will. Thus, one will achieve the most enjoyable stage of fist and non-fist, intent and non-intent, within non-intent finding the true intent. . . . Because of this, over a long period time of practicing, illness can be dispelled and the body strengthened, long life achieved. One can utilize the changes of softness to reach controlling and taming without using-martial art moves.

## Chinese Text

静功缠丝太极拳无论是在健身还是在技击jì jī 方面都颇pō具特长，与各式太极拳相比，其基本原理 yuán lǐ 虽皆一致，但技术风格却有独特之处，最显著的特点就是松静与缠丝两点。“静，就是要做到松、静以致忘我的境界，缠丝即全身各关节始终不停地相互配合转动，令全身肌肉不断地受到拧 níng wring 施、拉长和放松的训练”（陈济生先生语）。由于缠丝是一个圆中有圆、圈内有圈，连绵，不断变化的较多动作的虚实转化，这种不停的转化使某一肌肉在一瞬间处于紧张收缩，另一瞬间则又舒张放松，反映在中枢 xū pivot axis 内则是支配同一

肌肉的中枢兴奋 excited 与抑制的交迭变化，这就加强了中枢机能的灵活性。松静和缠丝锻炼的直接作用就是使大脑皮层cerebral cortex 的机能function得到恢复和休息，使皮层内的兴奋与抑制 yì zhi restrain control 过程由不平衡 bù pí n hé ng disequilibrium 达到平衡；同时亦发展和改善了许多感觉器官 sense organs 的机能状态，特别是肌肉内的感觉得到了加强。研究脑电图 electroencephalograms 和经络波的专家王德坤先生曾对太极拳练习者作了对比测试，发现练此套静功缠丝太极拳时与练其他太极拳时的经络波活动大不相同。练这种拳经络波不仅波幅bō fú amplitude 和频率pí n lǜ frequency 增加，而且波形和节律异常和谐 hé xié harmonious 完善；测试的结果证实了练习者的感受 experience; feel, 专家称赞这种太极拳是和谐与美的统一。

静者，内功之真谛也：缠丝者，技击之妙也”陈济生先生自序语

1. 故练习此拳时要求体松、心静、气深、动缓。初习阶段必求规矩，首先做到姿势zī shì正确。继之则 要动作准确 zhǔn què accurate, 过一分则顶、欠一分则丢：练时不猛动，无停顿 tí ng dù n stop halt pause, 逐渐 zhú jiàn gradually 做到松静、慢匀 evenly、圆满、轻灵 lí ng, 进而做到“静中有动、动中有静，有动似无动、无动似有动”，上下相随、内外合一的神意共融，以达“拳无拳，意无意，无意之中是真意”之佳境。“因此，长期练习这套太极拳，可以祛病强身，做到不导引而寿；可以柔化运用，做到不招架而御”（陈济生先生自序语）