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## Introduction

Like a lot of internal arts principles, silk-reeling energy is misunderstood. It is commonly thought of as a scientifically real energy coursing through the body. This is most often the belief held by Tai Chi instructors who don't really understand the physical principles that are at the foundation of this amazing and powerful martial art.

Silk-Reeling energy, like all the other skills that give Tai Chi (and Hsing-I and Bagua) its power, is a physical skill that requires years of practice. It is a spiraling movement that begins with the ground and depends upon whole-body movement

as it moves through the body, guided by the dan t'ien rotation, supported by peng energy and expressed in the part of the body that is attacking or defending.

When I first learned silk-reeling energy, I was told to “imagine” energy spiraling through my body. While the instructor meant well, I didn't understand until years later, after I began studying Chen Tai Chi, that you can imagine spiraling all you want, but it does you no good until you practice the actual physical movement.

Chan su Jin was developed by the founder of Tai Chi Chuan, Chen Wangting. When he created Tai Chi, Chen Wangting infused the movements with spiraling. As Tai Chi became watered down, especially the way most Americans now learn it, silk-reeling was lost. It is most commonly found these days in the original style of Tai Chi, Chen style. Chen Wangting's family never lost the principles that made their martial art unique. In most Yang style classes in America, you'll never learn silk-reeling energy. Bagua is another art that relies heavily on silk-reeling energy. I also teach it in Hsing-I, but it wasn't originally part of that art.

Each silk-reeling exercise in this e-book (and demonstrated on the DVDs) has several fighting applications. The movements are used throughout the Tai Chi forms. When you become good enough at Tai Chi, you may not have to practice these exercises, because the Tai Chi form is – in itself – a long series of silk-reeling exercises.

For more information on silk-reeling and how it is used in the movements of Tai Chi, Hsing-I and Bagua, check out my other DVDs and the hundreds of video lessons on my online school at <http://www.internalfightingarts.com>. You can also get two weeks free as a member of the online school. All of my products and services have either a “try before you buy” feature or a money-back guarantee. So now, I hope you enjoy this book and are able to use it as a reference for years to come.

# Silk-Reeling Exercise #1

## Single-Hand Reeling



Keep your left hand on your side as in Photo 1. Put your right arm out at the side with fingers pointing away from you.

Push from the ground in the right foot and spiral your hand to the middle (Photo 2). You will rotate the Dan T'ien to the middle and close into the left kua at the same time.

Push the ground from the right foot and spiral the hand up and at an angle (Photo 3). Go a little more into the left kua as you do this. The Dan T'ien rotates to the left.

Push the ground from the left foot and spiral the hand across the body to the right side (Photo 4). As your hand spirals across, it turns with the Dan T'ien and you close into the right kua. You will be at an angle forward, not completely facing to the right.

Notice how little your hips turn. The waist turns much more than the hips.