

TAI CHI CHUAN

18 methods of the mind

太極拳



By Douwe Geluk

FREE QI QONG

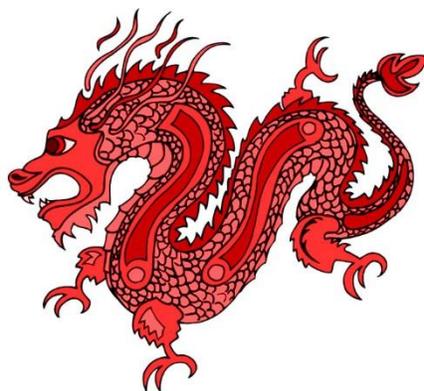
Tai Chi Chuan

- The 18 Methods of the Mind -



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Preface

I wrote this book with quotes, sayings and pictures for motivational purposes. This for everybody who studies or has studied Tai Chi Chuan, Qi Qong or other Chinese Martial Arts like Kungfu.

The 18 methods of the mind are divided in two sections of nine. As you might know 9 is the highest number you can write down. You see a 10 is a one and a zero and so on. The 9 is the highest number in that sense, and that is why we have two sets of 9 ways of the mind in this book.

Enjoy reading!

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TAI CHI APELDOORN – FU YUAN – BRON VAN GELUK - NEDERLAND



I - Tai Chi Chuan and Qi Qong are cultivating Mind, Body and Spirit... it connects them in a healthy way -



2 - When Tai Chi and Qi Qong are practised from your Soul, then you become one with the arts, becoming the arts is essential -



3 - Tai Chi Chuan must come from the heart, and the effects must eventually be felt in your heart -



4 - In Tai Chi we must try to move like water, only then we achieve flow in motion during the forms -



5 - Being honest and being good for others is important in Chinese martial arts, with that it contributes and really means something -



6 - In Tai Chi and Qi Qong... my opinion is: move with the whole body always and start from the feet -



7 - Tai Chi Chuan learns us to be balanced, sometimes out of balance is in balance for a certain moment... So what is balance? -



8 - When teaching Tai Chi Chuan and Qi Qong, teach by example, stay humble & give people real knowledge -



9 - Training with different weapons is very good, also for your unarmed skills... working with weapons learns you about timing and distance -

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Ways of the Mind: 10 - 18





10 - In Tai Chi Chuan we work with external facts like the body and our forms, this to become internally developed..., so develop both -



II - Understanding the moves in Tai Chi and Qi Qong is a great way to progress more in the arts -



12 - Tai Chi is a martial art and it is good to practise the selfdefense with resistance, many schools just do form and miss many aspects of the art -

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