



3 PRINCIPLES OF YIN YANG

By Master Yang Jun

Interdependence

The first way to understand the yin yang concept is interdependence. Yin yang are the dynamically balanced expression of oppositional energies. This means unity, that yin cannot exist without yang, and vice versa. An example of this is that without energy storage, energy cannot be released. In Tai Chi, it can be generally seen that yin energy-storing motions precede yang energy-delivering movements. In Tai Chi we look for the interdependent nature of yin yang. Always look for the hidden opposite in your practice.

Transmutation

The second aspect of the yin yang relationship is the process of transmutation. When something becomes extremely yang, it will then turn to yin. Because yang changes to yin, tension changes to relaxation. For instance, if you shift the weight all the way back, you must then move forward. When you go all the way to the left, you must go right, and when you go completely to the right, you must then go left. When something is extremely yin, it will soon turn to yang. Yin yang are inseparable. They are also mutually beneficial. In nature we see extremes resulting in natural disasters. Maintain your equilibrium to avoid extremes which can result in imbalance and illness.

Conflict & Balance

The third way to understand the yin yang concept is the dynamic of conflict and balance. When yin yang clash they can be seen as arguing which causes tension. When yin yang work in harmony together they are said to be in balance. This can occur in your Tai Chi forms. Conflict becomes balance when you start by defending and moving to your back foot rotating inwards and to the side. Here you have transformed the energy so you can move forward and rotate to the front foot, releasing your energy outwards. This is an example of yin yang as conflict becoming balance in Tai Chi Chuan.