

FUNDAMENTALS OF TAI CHI CH'UAN

By Wen-Shan Huang



With a New Introduction
by Laura Huxley
and a Forward
by James C. Ingebreetsen

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BY WEN-SHAN HUANG

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I dedicate this fourth edition to

Tsai Yuan-pai

Wu Chi-fei

Li Shih-tseng

Hu Shih

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Tung Ying-chi

for helping me to find my path

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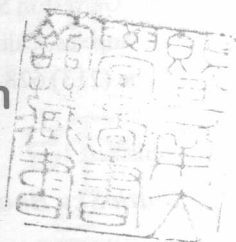
With a new Introduction

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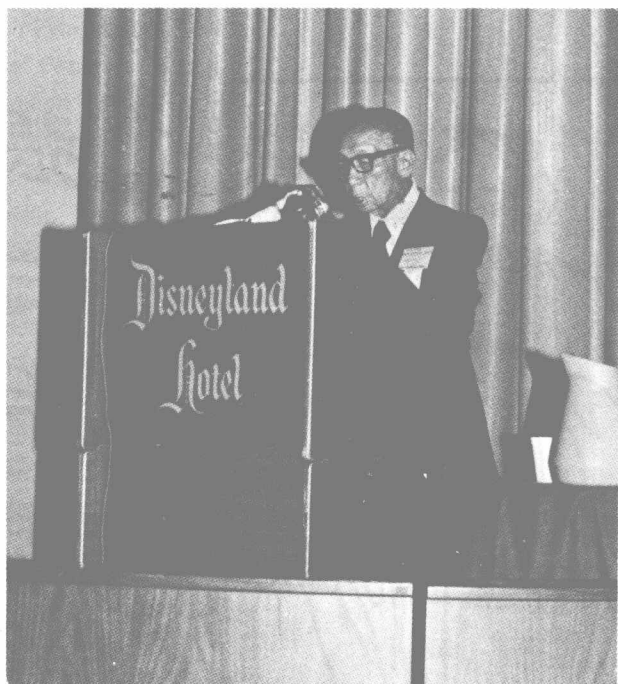
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張三丰祖師真像
摹自湖北武当山玄天觀石壁

張三丰遺像



Chang San-feng, the founder of Tai Chi Ch'uan. Based on the rubbing taken from the stone engraving at the Monastery of Hsun Tien in Wu Tang Mountain, Hupei Province, China.



WEN-SHAN HUANG

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McCAFFREE

BIBLE AND I CHING RELATIONSHIPS

By

Joe E. McCaffree

I Ching is the Chinese Book of Changes. This venerable classic has been the basis of Chinese civilization for over 3,000 years. Since determination in 1967 that the I Ching was composed by members of the Dan Tribe of Israel, research has shown that it is a gem with each facet a window for viewing the meanings in the Bible and the instrumentality of Israel for the development of various nations with their distinctive life styles and culture systems.

The I Ching consists of 64 sets of principles and patterns that were introduced into the world ages ago by the LORD God for the Godward Cultivation of Humanity. They are the means by which humane awareness and conscience may be inculcated in mankind.

However, it is now known that these 64 sets are composed of the essence and structure of the Bible as it existed at the time of King Solomon. For example, fifty sets in the I Ching are based on the fifty chapters of Genesis and are numbered the same. The present study explains some of these direct relationships.

The I Ching enables individuals, as well as groups of people, to use the patterns and principles of the Bible in planning and striving to fulfil their goals, their justification for existence. Thus, the two classics are interdependent, promoting an inherent and intentional Cosmic Order.

BIBLE AND I CHING RELATIONSHIPS

SOUTH SKY
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The most important and interesting fact that makes this study of BIBLE AND I CHING RELATIONSHIPS of value to scholars and general public alike is that the Chinese Book of Changes—I Ching—is based directly on the Hebrew Bible. This study presents evidence that the I Ching analyses events and participants of the historical-chronological accounts of the Bible, accurately epitomizing them in terms that show their universal applicability. Since the I Ching was written at the time of Solomon, it now emerges as the world's oldest exposition of the Hebrew Bible as it existed up to that time. It is centuries older than the writing down of the Mishna and Gemara comprising the Jewish Talmud.

ABOUT THE AUTHOR

As this work is a general survey, rather than an intensive systematic analysis, of the very systematic relationships between the Hebrew Bible and the Chinese Book of Changes, a few notes about the writer's qualifications for such a study are in order. Mr. McCaffree has achieved no academic titles, although he has an unused, lifetime teaching credential for vocational training in printing. He has gained no obvious honors, except the respect of his oriental friends, three great teachers: Swami Sivananda of the Divine Life Society of India long ago invited Mr. McCaffree to represent him in Southern California; Roshi Joshu Sasaki of the Zen Order of Rinzaï-Ji of Japan invited Mr. McCaffree and trained him to become a monk; Professor Wen-Shan Huang of the American Academy of Chinese Culture invited Mr. McCaffree three times to give talks on the I Ching, urged him to write the present book, and appointed him Vice-President of the Academy. With such a foreground, Mr. McCaffree feels justified in punning allusion to his birth as a "Cheyennese" in the "Wyo-Ming" era.

Otherwise, Joe McCaffree's specific preparation for such research as the present book details was as a stamp collector for about thirty-five years with a collection in more than ninety volumes and as the editor-publisher of Philatelic Consumer for eight years during which era he prepared various analyses and reports for reference of stamp dealers and collectors. In 1967 he wrote and published *Divination and the Historical and Allegorical Sources of the Chinese Book of Changes*. Earlier in the year this was presented as a lecture before the Academy and the National Tai Chi Ch'uan Institute. In it McCaffree detailed his initial perceptions of direct correspondences between the Bible and the I Ching. In 1971 McCaffree prepared and published the report *Assessed Valuations & Taxes on Lands Only, in Kern County*. He now resides in Kern County, California.

ABOUT THE PUBLISHER

South Sky Book Company, now in its 27th year, is the biggest publisher in Hong Kong. For 10 years it has had a branch in Seattle, U.S.A. South Sky's products include about 3 million copies of textbooks, educational materials and art books. It has produced more than 1,000 titles and editions of books. Among the many in English are Wingtsit Chan's *Essays on Neo-Confucianism*, Tai Chen's *Inquiry into Goodness*, and *Elementary Chinese for American Librarians*, compiled by the Oriental Society in America. Writings of Tang Zi-Chang: *Principle of Conflict*, *Poem of Tang*, and *Wisdom of Dao*, as well as *Fundamentals of Tai Chi Ch'uan* by Professor Wen-Shan Huang, now in its 4th edition, are also South Sky's books. Forthcoming is the lavishly illustrated 'China the Great' which will take readers on marvellous journeys throughout the vast land of China. We will publish *CULTUROLOGY AND CHINESE CULTURE*, Volume II as soon as possible to commemorate our dear friend, the distinctive author Wen-Shan Huang, who died in Los Angeles, California, in June, 1982.

South Sky Book Co.

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Wen-Shan Huang

Taken at Cité' Université, Paris

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A NEW INTRODUCTION TO THE REVISED EDITION

by Laura Huxley

Prelude to Silence

To be able to portray in a book the manifold aspects of life is an almost impossible accomplishment, achieved once in a while by a genius — the same can be said of Tai Chi Ch'uan and of Prof. Huang's imposing achievement in this book — for Tai Chi means "The Great Ultimate" or "The Great Primal Beginning". Only a scholar with the depth of knowledge and devotion of Prof. Huang could make such a masterful elucidation.

A planet is only a little part of a galaxy, yet it is complete in itself. Tai Chi Ch'uan is a complete system of exercise but this is only a part of its galaxy of psychological, philosophical, metaphysical and other aspects. In fact, if a group of people would be asked: "What is Tai Chi Ch'uan?" each person would be right in answering: it is a system of: gymnastics — philosophy — rejuvenation — breathing — symbology — self-defense — changing body image — will training — therapy — dancing — meditation — mind expansion — energy balancing — and more. This versatility, combined with the ongoing evolutionary quickening of our awareness level, accounts for the amazing increase in the number (probably one hundred to one) of Tai Chi Ch'uan students in the last ten years.

For the serious student of oriental culture *The Fundamentals of Tai Chi Ch'uan* is essential. To those, like myself, lovers of Tai Chi Chuan, this book gives a clarification and background of whatever aspect or level of Tai Chi Ch'uan to which one is oriented at the time. For those interested in the form and movement, there are the diagrams and photographs — explanation of how and why health and endurance are remarkably improved. Other readers will be fascinated by the derivation of Tai Chi Ch'uan from the *I-Ching* or the *Book of Changes*.

Scientists, sociologists, philosophers, historians — each will find valuable material correlating their different disciplines into an organismic whole. For the basic orientation in this book is a union, or rather a re-union of body and mind essential not only to the healing of most of our diseases, but also to the realization of that untarnished state of being which reveals the wonder of our Body/Mind.

Aldous stressed this point in *Island**, his presentation of a possible and feasible Utopia:

“‘What sort of dancing does he teach?’ Mrs. Naravan tried to describe it: ‘No leaps, no high kicks, no running. The feet always firmly on the ground . . . movements intrinsically beautiful and at the same time charged with symbolic meaning. Thought taking shape in ritual and stylized gesture. The whole body transformed into a hieroglyph, a succession of hieroglyphs, of attitudes modulating from significance to significance like a poem or a piece of music. Movements of the muscles representing movements of consciousness . . . It’s meditation in action. She concluded. It’s the metaphysics of the Mahayana expressed, not in words, but through symbolic movements and gestures.’” Not in words, sounds or music — for Tai Chi Ch’uan is experienced in total silence — ushering at times transcendent Silence. Like all the educational methods in Island’s enlightened society, this meditation in action is practiced from the elementary grades on for the purpose of actualizing the potentialities of intelligence and good will of its people. Aldous’ interest in, and practice of, oriental psychophysical disciplines, of which Tai Chi Ch’uan is one, was due to this fact, which he often pointed out in his writing, that they are not abstract but

**Island*, by Aldous Huxley published by Harper & Row, 1962.

pragmatic, not conceptual only but intensely practical and experiential. This is true of Tai Chi Ch'uan which unites Body, Will and Imagination in a triangle of unsuspected power. It is the most fluid of disciplines as it adapts itself to each person's temperament, body type, and thinking/feeling level.

In the field of relationship Tai Chi Ch'uan puts us in contact with the space outside and the space inside ourselves, making us increasingly aware that the quality of those two immensities and their relationship determines the quality of our life. It is hard to imagine a subtler form of relationship with another person than the joint-hands Operations where the non-verbal response of sensation and rhythm, intention and feeling is perceived through the silent emanation of the adhering wrists. The expansion of consciousness often experienced in practicing Tai Chi Ch'uan is subtly but definitely dissimilar from the "high" produced by more sensational means. Probably one of the reasons is that in Tai Chi Ch'uan, while the upper part of the body is as light and evanescent as a heavenly caress, the feet and legs are solidly planted on Earth. This basic posture facilitates the realization that we are creatures between Heaven and Earth and from the infinitely varied blend of these two sources of energy, we create our own individualized existence. The most important factor in Tai Chi Ch'uan is the balancing of the two universal energies, Yin and Yang, positive and negative, substantial and insubstantial, soft and hard, Heaven and Earth and their eternal interplay. Through *Fundamentals of Tai Chi Ch'uan* and with the guidance of an enlightened teacher like Janice Seaman, who portrays the Tai Chi Ch'uan postures in this book, it becomes clear that the opposites need not be antagonists but, indeed, are necessary to each other's balance. The dawning realization emerges that the harmonious play and finally even the union of these two

opposite energies are not necessarily the privilege of solitary mystics but a possibility for us all, living in a conflicting and bewildering world, here and now. What would happen if the harmony that Tai Chi Ch'uan can create was realized by even a minority of human beings on this planet? The urgently needed answer might be: survival — expansion — love.