Silk Reeling Exercises in Chen Style Taijiquan

The Essential of Taijiquan

Silk reeling is the execution of Taijiquan. These exercises build the foundation for all Taijiquan exercises. They are the key to every Taijiquan exercise. If you don’t have proficient of the conjoined circles to stage 4 of the frontal silk reeling exercise, this is a different concern. In order to master silk reeling, energy and movement, strength and flexibility are required. Otherwise the whole stick will stick together or the whole body will stick together. For this reason, the silk reeling exercises should be divided into four stages. In stage one, the focus is on energy and movement. The conjoined circles in stage 4 are divided into four stages.

Stage 1: "Energy Flows over the Hip"

Stage two begins with a change of weight to the right. Shoulders, elbow, and hand are parallel to the right foot. The body’s weight is transferred to the right leg. The body moves on orbital paths through three-dimensional space as if it were inside a sphere (cp. fig. 13).

Stage 2: "Energy Flows over the Shoulder and Arm into the Fingertips"

Stage three depicts a lifting movement, from full Yin growing Yang. The right leg and foot are parallel to the left leg and foot. The body’s weight is transferred to the left leg. The body moves on orbital paths through three-dimensional space as if it were inside a sphere (cp. fig. 13).

Stage 4: "Energy Flows over the Shoulder and Arm into the Fingertips"

Stage four begins with weight being transferred to the left. Energy flows from the upper spine to the lower spine. The body’s weight is transferred to the left leg. The body moves on orbital paths through three-dimensional space as if it were inside a sphere (cp. fig. 13).

The Steps of Preparation

Silk reeling exercises open the gates to Taijiquan movements that they convey, every single movement is the key to every Taijiquan movement. Thus, the silk reeling exercises and the external and internal execution of movement in Taijiquan. Through the control and execution of different exercises the circles are executed to a different extent. The undiluted first, second, or third circle can only be executed in a different fashion, learning how the circles come about through rotation and weight transference. In the preparation, the circles are calmed, the body is slightly sunk. The mechanism of weight balance and body rotation. Weight reeling and body rotation can be trained in the preparation. This is the basis for the second step of spinning. The aim of the silk reeling exercises is to train and the body movement. The external movements are further to be focused (a) before the second step of spinning. This description is invaluable when aiming for the correct observation of movement in Taijiquan. Thru energy makes half the journey between hip and underbelly. The rotation allows the energy to fully flow into the underbelly. Stage three depicts a lifting movement, from full Yin growing Yang. The left leg and foot is parallel to the right leg and foot. The body’s weight is transferred to the right leg. The body moves on orbital paths through three-dimensional space as if it were inside a sphere (cp. fig. 13).

The Three External Harmonies

The Three External Harmonies are the connection of the three circles. The three external harmonies work in cooperation as a whole system which can be produced in all directions and not at all angles.

The external movements of the silk reeling exercises are connected. These exercises are especially in movement and internally with the continuous observation of movements and energy. In order to gain in-depth understanding of them, the intensity of rotation and weight balance, strength and flexibility are required. Otherwise the whole stick will stick together or the whole body will stick together. In the Taijiquan position ‘Single Whip’ the left arm is parallel to the right arm and the body’s weight is transferred to the left leg. The body moves on orbital paths through three-dimensional space as if it were inside a sphere (cp. fig. 13).

The Three External Harmonies are 1. Shoulders and hips are shoulder width apart. 2. Hands and feet belong together. 3. Shoulders and hips are connected. The Three External Harmonies are the bare essentials. The external movements are the driving force of the silk reeling exercises and the internal flow of force and power. This realization is invaluable when aiming for the correct observation of movement in Taijiquan. Thru energy makes half the journey between hip and underbelly. The rotation allows the energy to fully flow into the underbelly. Stage three depicts a lifting movement, from full Yin growing Yang. The left leg and foot is parallel to the right leg and foot. The body’s weight is transferred to the right leg. The body moves on orbital paths through three-dimensional space as if it were inside a sphere (cp. fig. 13).

Silk Reeling Exercises

In silk reeling exercises, we will now take a closer look at the frontal silk reeling exercises. In the left figure, the body’s weight is transferred to the left leg. The figure shows the starting position. Otherwise the whole stick will stick together or the whole body will stick together. In order to master silk reeling, energy and movement, strength and flexibility are required. Otherwise the whole stick will stick together or the whole body will stick together. For this reason, the silk reeling exercises should be divided into four stages. In stage one, the focus is on energy and movement. The conjoined circles in stage 4 are divided into four stages.

Stage one: The body is slightly sunk. The mechanism of weight balance and body rotation. Weight reeling and body rotation can be trained in the preparation. This is the basis for the second step of spinning. The aim of the silk reeling exercises is to train and the body movement. The external movements are further to be focused (a) before the second step of spinning. This description is invaluable when aiming for the correct observation of movement in Taijiquan. Thru energy makes half the journey between hip and underbelly. The rotation allows the energy to fully flow into the underbelly. Stage three depicts a lifting movement, from full Yin growing Yang. The left leg and foot is parallel to the right leg and foot. The body’s weight is transferred to the right leg. The body moves on orbital paths through three-dimensional space as if it were inside a sphere (cp. fig. 13).

Stage two begins with a change of weight to the right. Shoulders, elbow, and hand are parallel to the right foot. The body’s weight is transferred to the right leg. The body moves on orbital paths through three-dimensional space as if it were inside a sphere (cp. fig. 13).

Stage three depicts a lifting movement, from full Yin growing Yang. The right leg and foot are parallel to the left leg and foot. The body’s weight is transferred to the left leg. The body moves on orbital paths through three-dimensional space as if it were inside a sphere (cp. fig. 13).

Stage four begins with weight being transferred to the left. Energy flows from the upper spine to the lower spine. The body’s weight is transferred to the left leg. The body moves on orbital paths through three-dimensional space as if it were inside a sphere (cp. fig. 13).