

# Taijiquan 24 Energies

A prerequisite understanding and ability with *Adhere-Stick energy* (Zhan-Nian jin) is necessary for achieving mastery of the 24 energies (thus they are also known as the '25 energies').

Energies (jin) which concern the *point* & the *partner/opponent*.

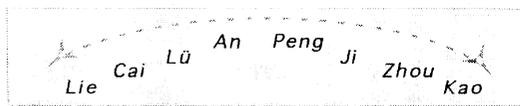
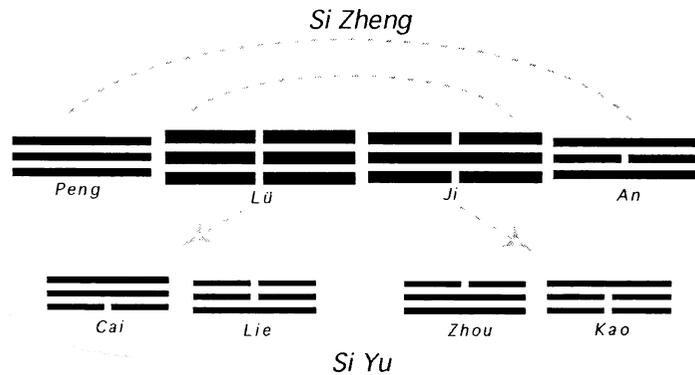
- 1) Listening - *Ting jin*
- 2) Comprehending - *Dong jin*
- 3) Receiving - *Zou jin*
- 4) Neutralizing - *Hua jin*
- 5) Enticing - *Yin jin*
- 6) Seizing - *Na jin*
- 7) Issuing - *Fa jin*
- 8) Borrowing - *Jie jin*

Zhan Nian essentials:

- Resting-in & Supporting
- Rolling, Pivoting, Transferring & Exchanging

Energies which concern *one's own body*.

- 9) Opening - *Kai jin*
- 10) Closing - *He jin*
- 11) Rising - *Ti jin*
- 12) Sinking - *Zhen jin*
- 13) Bumping - *Peng jin*
- 14) Rolling - *Lü jin*
- 15) Squeezing - *Ji jin*
- 16) Pushing - *An jin*
- 17) Plucking - *Cai jin*
- 18) Rending (Lateral) - *Lie jin*
- 19) Elbowing - *Zhou jin*
- 20) Shouldering - *Kao jin*



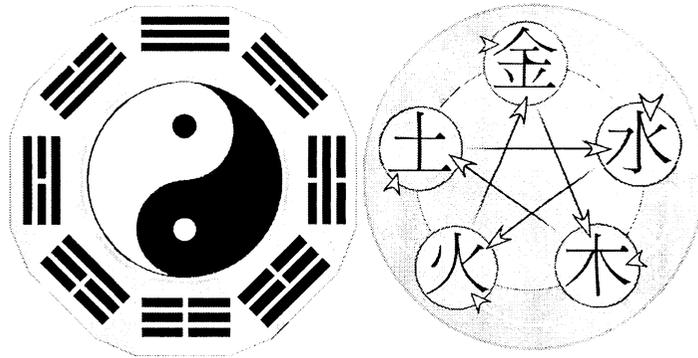
1. Peng, An
2. Lü<sup>x</sup>, Ji<sup>xx</sup>
3. Cai<sup>xxx</sup>, Lie<sup>xxxx</sup>
4. Jou<sup>xxxx</sup>, Kou<sup>xxxxx</sup>

Consummate energies.

- 21) Long - *Chang jin*
- 22) Intercepting - *Jie jin*
- 23) Drilling - *Zuan jin*
- 24) Soaring/Empty - *Ling Kong jin*

Other types of jin include *twisting, breaking, grasping, frozen, interrupting, inch, separating, coiling, shaking, folding up, wiping, peeling, deceptive and approaching* energies amongst others.

Taijiquan martial arts training also includes specific application skills, such as *hand-striking, kicking, grappling, locking* etc. These subjects are, strictly speaking, outside the context of pushing hands training but are eventually integrated with the 24 energies to form a complete martial art training method.



- Lü's fault<sup>x</sup> is that, unable to respond with Peng or An, one resorts to Lü.
- Ji's double fault<sup>xx</sup> is like Lü's, but being already in a compromised position, it must return from that weak position.
- Cai's double fault<sup>xxx</sup> is the same as Ji's but worse since it continues further—directionally and structurally—away from Peng and An.
- Lie's triple fault<sup>xxxx</sup> is that the same as Cai's, but adds an even further directional deviation from the Peng/An source position.
- Jou's triple fault<sup>xxxx</sup> is that it has deviated two positions past the Peng/An source position (first past Ji's position), then must attack to compensate.
- Kou<sup>xxxxx</sup> is like Jou but has gone a further position away from the Peng/Lu source and is also sourced in compensation.

Note: 'fault': means that the energy category must by default resort to its behaviour drawing it further from the ideal Peng/An source position.