

4 Energies in Tai Chi

Peng - Expansion, energy going all directions, The energy has an upward and outward direction. Expanding beach ball to lift arms

Ji - Energy going straight out, 2 things moving in the same direction and out, use back muscles, direction of your intent

Lu - accepting in. Allow wrist to come in towards the energy channels

An - energy goes down, 2 things moving downward. The opposing and complimentary. Pushing down while moving up.