

**The Energies:**

- PENG:** Ward Off
- LU:** Roll Back
- JJ:** Press
- AN:** Push
- CAI:** Pluck, or Pull Down
- LIE:** Split
- ZHOU:** Elbow
- KAO:** Barge, or Bump

**PENG** *Ward Off*

As you press down gently on a leaf, it provides a very soft resistance to the touch. This is Peng; a natural, constant, **spring**-like energy. It is sometimes likened to water supporting a boat. If you step down into a rowing boat, you feel the water “give” but at the same time resist and support you.

**LU** *Roll Back*

*Lu* is a **deflective** force. It re-directs energy – like two magnets repelling each other when positive meets positive or negative meets negative.

**JJ** *Press*

*Ji* is the energy of **compression**.

**AN** *Push*

*An* is the release of energy outwards using both hands. It is the energy of **expansion** and **momentum**, like that of a volcano or a tidal wave.

**CAI** *Pluck, or Pull Down*

**Cai** is a short, **abrupt, downward** energy, like that used when plucking an apple from a tree.

**LIE** *Split*

**Lie** is a **shearing** motion of two forces moving in opposite directions. It is a **separating** energy for use at close quarters.

**ZHOU** *Elbow*

**Zhou** is to **attack at close quarters with a bent elbow**.

**KAO** *Bump, or Barge*

**Kao** is to bump, or **barge**, with the **torso**. It is the energy of a battering ram.

**Peng, Lu, Ji, An, Cai, Lie, Zhou and Kao change into each other and make use of each other to neutralise and counter.**

For a demonstration and fuller explanation of the energies in practice, use the resource “Chen Xiaowang Showing the 8 Energies”.

### “Soft” and “Hard” as explained by Grandmaster Chen Xiaowang

*Softening, hardness is launched. “**Hardness**” is **Fajin**. “**Softness**” is just **changing**; there is **no Fajin**.*

*When the opponent uses power, we use the method of “softening” to change the direction of his energy. As the opponent is coming to our centre line, we change the direction of his power, thus neutralising his energy. When the opponent has lost his balance, we use hard energy to strike him in an appropriate place. This is known as “Softness launching Hardness”. In the process of softening, when his power has gone we shoot him out with a pulse of energy.*

*When my opponent attacks my centre, I change and lead the direction of his power. It doesn't make it to my centre but to somewhere else. At this time, he loses his centre. The process of leading him is a process by which I store energy. He loses his centre of gravity, I store energy, then launch power (fali) - and launch it to a place that will hurt him.*

**In the process of softening, it changes to storing energy. When my opponent loses his balance it changes to launching power.** It's not that first you must attack. You must first neutralise him and preserve your own movement system.