



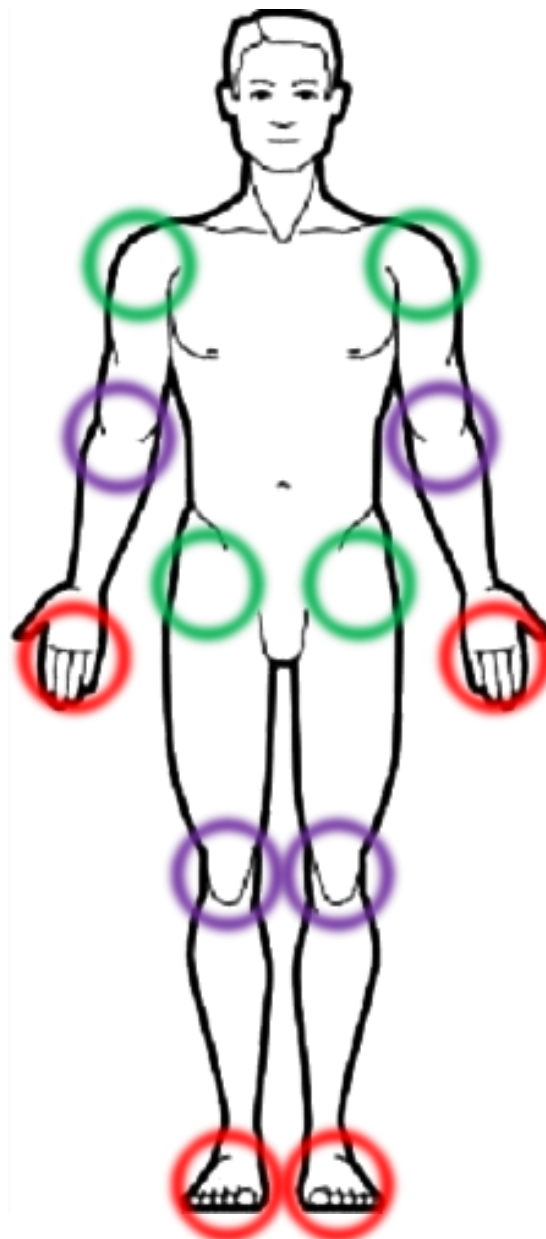
### The 3 EXTERNAL Harmonies

These relate to:

**Physical alignment and  
co-ordination.**

- 1 **HAND** **FOOT**
- 2 **ELBOW** **KNEE**
- 3 **SHOULDER** **HIP**

All parts of the body should be synchronised through the *Dantien* to arrive at the same time as each other.



## The 3 INTERNAL Harmonies

1

### Heart – Mind

Energy can only be focused fully if there is a clear purpose to a movement and a firm will behind it.

In Tai Chi, we seek to use intention and not force.

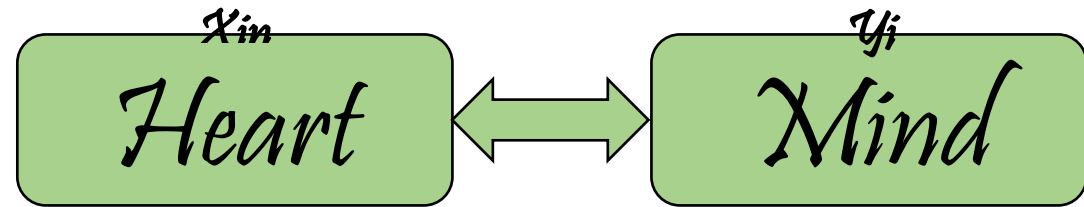
In combat, the heart and mind must be balanced.

If the **heart** is too dominant, we fight emotionally and fail to think clearly. We put ourselves in jeopardy.

If the **mind** is too dominant, we want to get results but we will lack fighting spirit.

When the two are balanced we fight tenaciously, with a cool head.

*This, however, needs a powerful body to be effective; one where the internal and external elements are truly integrated.....*



### Emotion



- Morale
- Courage
- Fighting spirit

### Logic Intent



- Clear thinking
- Sound judgement
- Sense of purpose
- Willpower

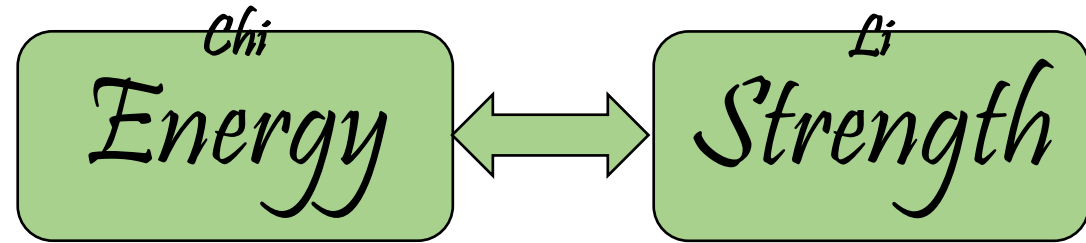
In combat the two must be balanced.  
Then, energy can be harnessed and projected.

**The 3 INTERNAL Harmonies**

2

**Energy – Strength**

*When Energy and Strength are in balance we can make full use of our physical strength, generating more power with less effort.*



When Energy exceeds Strength, movements are ineffectual and energy is wasted.

When Strength exceeds Energy, this gives rise to external force.

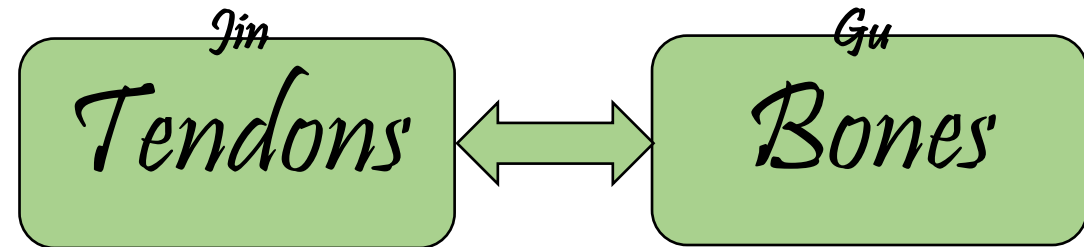
### The 3 INTERNAL Harmonies

3

#### Tendons – Bones

When *Jin* and *Gu* are in balance, this is **Internal Power**.

The whole body works effectively as a single unit; it is resilient and strong, hard and soft.



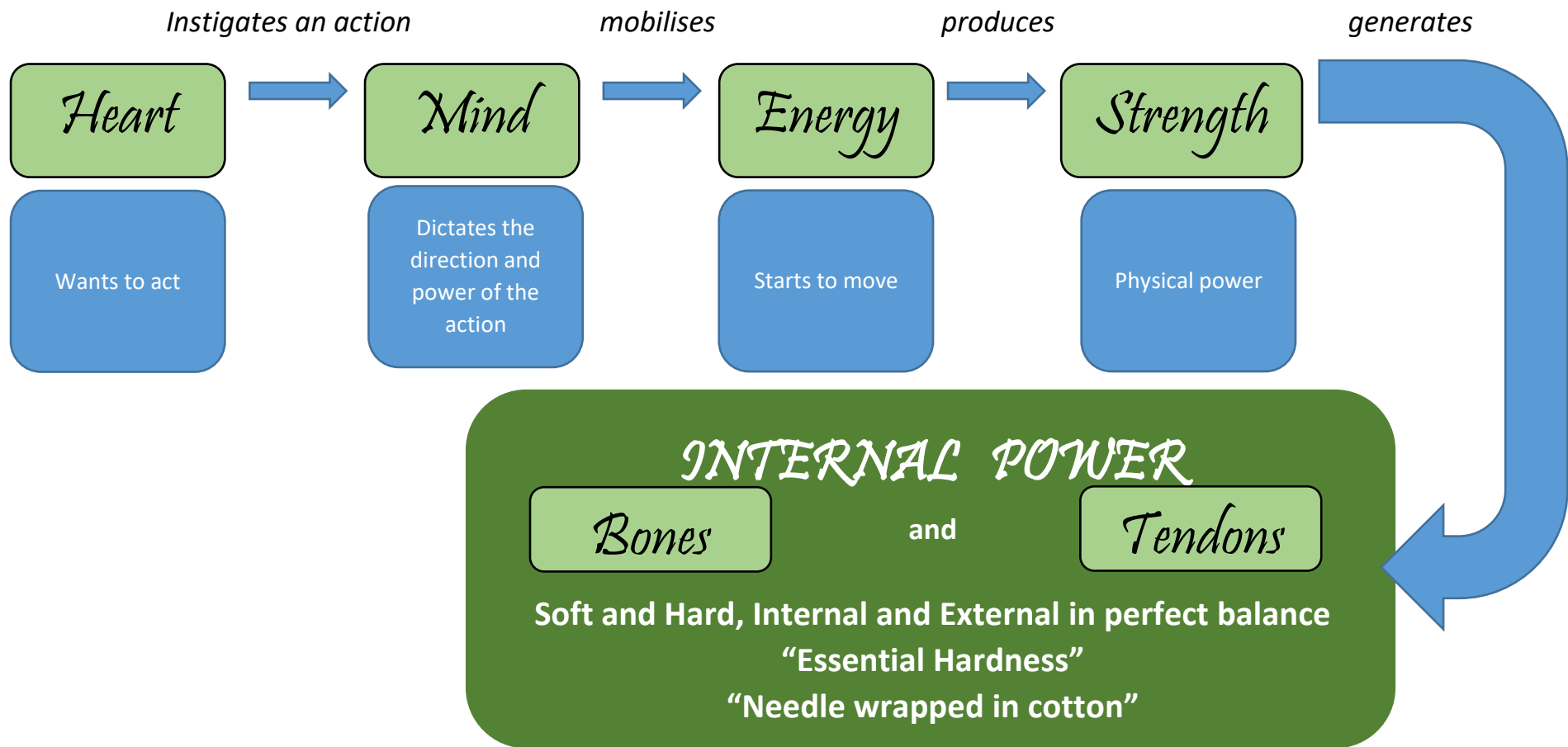
Soft  
Elastic

When *Jin* predominates, movements are spongy and weak.

Hard  
Rigid

When *Gu* predominates, the body is stiff and unyielding.

**The Internal Chain Reaction**



*When you have understood the principle of internal and external harmonising and your internal energy flows without obstruction, then the whole empty hand form naturally becomes round and lively, the internal energy follows the changes of the external movement and circulates.*

*This type of internal energy within the body, which follows the external spiral movement of the body, is Silk Reeling energy.*

Chen Zhaopi