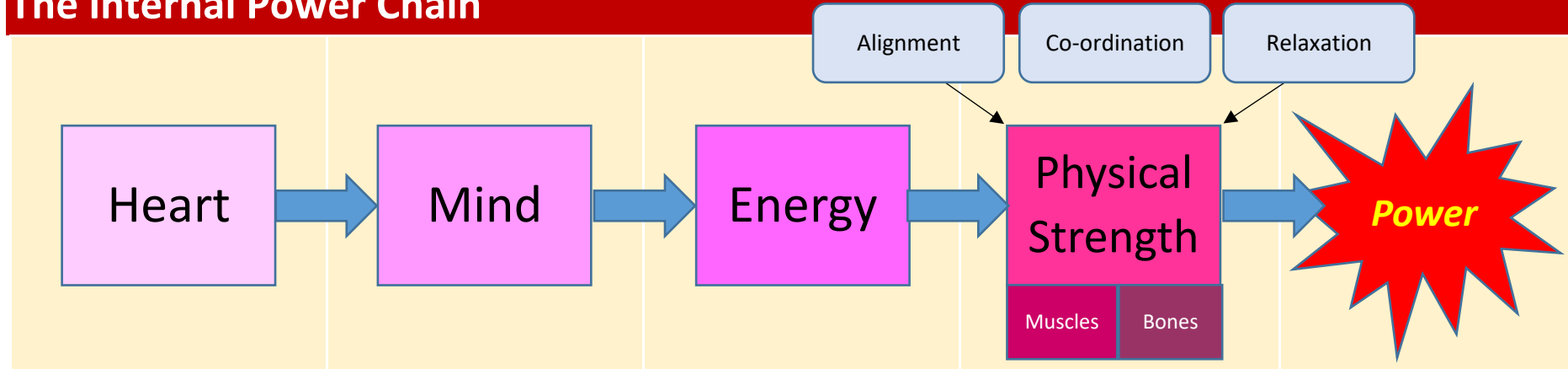




The Internal Power Chain



<i>Xin</i>	<i>Yi</i>	<i>Chi</i>	<i>Li</i>		<i>Internal Power</i>
			<i>Jin</i>	<i>Gu</i>	
Desire initiates the movement.	Intention mobilises and directs the energy.	Energy engages and powers the physical body	Physical strength is dictated by the strength of the bones and the muscles. It is also dependent upon the degree of <ul style="list-style-type: none"> • alignment (structure) • co-ordination (dantien / whole body connection) • relaxation (sung) 		The amount of power produced depends on how much energy is mobilised and how efficiently the body moves to make the best use of its natural strength.