

# Yin and Yang



## Law of Polarity

We began with No.1 set Gather Celestial Energy, with which first comes No.1 Yourself "I" You always need to start with No.1 You yourself. An individual and through this principal of individuality an automatic duality is created as everything has two sides, a top and bottom, an inside and outside, positive and negative, back and front etc

The duality of Yin and Yang is an indivisible whole.

I am not going to go into an in depth explanation of Yin & Yang as there is an abundance of information available on the world wide web that can provide a better explanation than me, but just a general concept within Tai Chi.

[Wikipedia](#) Yin and Yang

Monism and Dualism.

Singular and Plural.

Everything has both yin and yang aspects, with either of the two major aspects may manifest more strongly in a particular object, depending on the criterion of the observation.

A coin is a singular coin and can be classes as Yin but has two sides, a head and a tail so is double sided and can be classed as Yang. Having harmony of one with two, having a separateness but unity of togetherness.

Exterior of the body is Yang the Interior is Yin

Yang	Yin
Male, Masculine,	Female, Feminine,
Light, Bright, Hot	Dark, Cloudy, Cold
Right	Left
Open	Closed
Rise, Expand, Upward	Fall, Contract, Downward
South	North
Heaven	Earth
Hard	Soft
Forward	Backward
Out, Centrifugal, External	In, Centripetal, Internal
Dualism	Monism
Even	Odd
External	Internal
Li	Chi

For understanding Yin and Yang in our Tai Chi practise, we should bear in mind these concepts.

The Yin Yang symbol is not a static or flat concept it is a sphere and is constantly moving, expanding and contracting.

They are not seen as opposites but interdependent and complimentary to each other. Yang cannot be Yang without Yin and Yin cannot be Yin without Yang.

There is a maximum and a minimum to everything, fully Yang to fully Yin, but within that fully Yang there is a small part of Yin and within fully Yin there is a small part Yang.

The present (Yang) is rooted in the past (Yin) and the future (Yin) will come to be out of the present (Yang).

If a hand goes up it will have to at some time come back down.

To raise a leg up something must go down.

To breath in (Yin) there must be an out (Yang) breath.

When practising our form, we are trying to work within this framework or concept of Yin and Yang, find our balance in body-mind to understand harmony within our movements,

This helps us to also notice when we are going against the flow and been too extreme in anyone direction and been stiff by not yielding, not able to be rooted because we do not soften and sink internally. Trying to push to far forward before extending backwards first, turning left before turning right.

Creating full stops when we move from on stance into another rather than have continuous motion by connecting with the breath, so we move effortlessly by just breathing and allowing the body-mind to connect together as one. As the hands move away from the body with an Out breath this is Yang and as the hands are recalled back to the body with an In breath this is Yin.

Been to excessive or deficient with our practise time therefor exhausting oneself or not been able to remember the moves because we have not made time to practise. This is what we call "The Goldilocks Theory" what is too much or what is too little but finding what is just the right practise time for you, so you can learn and remember the moves without causing you to be depressed (past) or anxious (future) with your learning.

We can then use this harmony in our daily lives creating a more harmonised world around ourselves which in turn will help to create harmony everywhere.

### **Physical Exercise**

Stand with your feet shoulder width apart and one foot in front of the other with both knees slightly bent and the upper body centred in the middle as in Snake stance then roll the hips forwards so the knee pushes forwards over the leading foot and you will find simultaneously your back leg will straighten slightly, now roll the hips backward so the front leg straightens, and the back leg simultaneously bends at the knee. This is often called filling and emptying in Tai Chi, as one leg empty's the opposite leg fills up, working together as one movement.

Now if you push further into the front foot so the knee goes over and beyond the foot by using the shoulders to continue the move further forward and the back foot loses contact with the ground. This is often called over filling which will unbalance the whole body, or worse you strain the front knee.

Practise this movement on each leg paying attention to where the movement has to stop so you do not over fill the front leg at the cost of uprooting the back leg and vice versa by using the upper body, as the shoulders should always stay above the hips. As the Yin Yang sign depicts there is always a little Yin left in the Yang and there is always a little Yang left in the Yin.

### **Mental Exercise**

Create a list as above with two columns with Yang on one side and Yin on the other, and during your day try to notice when you see, touch, hear, smell, taste something that is excessive in one direction and write it down in either the Yin or Yang column then write down a complementary word in the opposite direction, building up a vocabulary of Yin and Yang concepts for you to study and learn.

In the context of **past** and present, the **past** is **Yin** and the present is **Yang**; in the context of present and **future**, the present is **Yang** and the **future** is **Yin** ...