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# Traditions From The Old Tower

The Song Of Movement

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Fa-jing Ch'uan Internal Chinese Boxing Schools (WTBA) Leicester

# The Song of Movement

Eight Paces<sup>1</sup> from the Mountain

I stand<sup>2</sup>

Moving without feeling<sup>3</sup>

Fourteen<sup>4</sup> emerge to greet me

Five<sup>5</sup> step forward

Who know

Torn in two

Body divorced from mind<sup>6</sup>

“To enter is to be born

While to retreat is to die”<sup>7</sup>

Break

Let the heel rise first

Let the heel fall first

Break backward

Like a monkey in retreat

Rolling

Step up



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<sup>1</sup> The Eight Stepping Methods of the Wudang. These are the precursors of all the stepping methods of the internal arts - Taijiquan, Baguazhang and Xingyiquan.

<sup>2</sup> Standing is a critical component which most students neglect at their own peril. If you do not know how to ‘stand’ than all else is an exercise in futility!

<sup>3</sup> Sung.

<sup>4</sup> There are 14 specific types of ‘steps’ in Taijiquan. These ‘steps’ are critical in understanding the issuing and receiving of qi for both the martial and health components of Taijiquan.

<sup>5</sup> The Five Directions - Move Forward, Move Backward, look Right, Gaze Left and Central Equilibrium. They form a part of the original 13 postures of Taijiquan. Far more importantly, the 14 Steps are divided up into the 5 Directions and are used in both push hands and form training.

<sup>6</sup> The purpose of the 8 Stepping Methods is to teach us to ‘divorce’ our body and mind so that the two are free to work independently of one another. They help develop visualization and intent as well as distinguish between the physical and mental.

<sup>7</sup> An old Taiji proverb meaning that we never retreat. It is our understanding of these stepping methods that allow us to be evasive without moving backwards.

Hit the tiger and	Sunk
Inspect the horse's mouth	But not so much to the rear
If one is impeded	Double P'eng jing appears
Whilst weighted	Pushing and pulling
Rolling is yet to be understood	Like a fair lady working
Rising	Fishing
The Golden Cock	From left to right
Awakens the world	Clockwise, counter clockwise
Strengthening the upper P'eng jing	Wave hands like clouds
Sinking	Fairy
I collect the needle	Twinkle toes
The lotus stem erect	Raise the upper
Lower P'eng jing engaged	Then sink
Withdrawing	Insubstantial touch the ground
From inside to out	Turning the body over
Circling clockwise	The hammer falls downwards
With great power to the left	Chopping hand strikes the points
I ride the tiger	Right to left to right <sup>8</sup>
Gathering	Drawing the silk inwards and out
Outside to in	The lotus stem erect
Hands and legs	Push
Lu jing	The rear following the front
Cross stepping	I turn
Toe first heel last	I am already there <sup>9</sup>
Wave hands like clouds	Inside the temple
Slant	All energies bound in One <sup>10</sup>
Move to the four corners	The Wudang is my home
Let fly	I have walked here
Horse riding	Without realization. <sup>11</sup>
With a single whip	

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<sup>8</sup> Fa-jing

<sup>9</sup> Visualization and intent. The mind sees a line of attack and the body is already there dealing with it.

<sup>10</sup> Although each step is separated into a category of energy, all the steps contain a measure of ALL the energies!

<sup>11</sup> There are NO steps in the martial arts. Ultimately, our body moves in accordance to our attacker and the feet follow effortlessly, without thought and with perfect timing. In other words we have understood about lightness, heaviness and central equilibrium. At this level there'll be no incorrect steps. This is why we practice form!

# 太極拳

