

Zhèng Màn-qīng's 郑曼青
(Cheng Man-ch'ing's 鄭曼青)

lǚ 擡

Principles of Rollback

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Excerpt from **Cheng's New Method for Self Study**
Character selection from the Chinese text published c. 1965

turn to left rear:

tóng 同 same

shí 時 time

suí 隨 follow

隨 隨

yāo 腰 waist

xiàng 向 towards

zuǒ hòu cè 左後側 left back side

zhuǎn 轉 turn

qù 去 go °

turn waist until you can not turn anymore:

zhuǎn zhì 轉至 turn until

yāo 腰 waist

bù néng 不能 not be able to

zài zhuǎn 再轉 again turn

shí 時 time ◦

both hands immediately follow the potential (of the waist turn) and swing to the left rear:

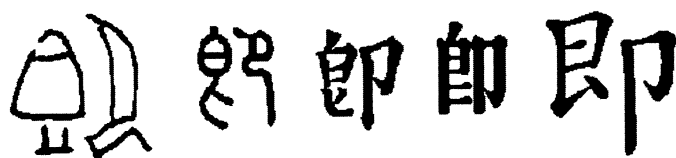
zé 則 then

liǎng 兩 both

shǒu 手 hand

jí 即 immediately

Etymology of 即: *person facing container.*



suí 隨 follow

shì 勢 potential, power; force; influence

xiàng 向 towards

zuǒ hòu cè 左後側 left back side

dàng 盪 swing

qù 去 go ◦

do not move the foot:

zú 足 foot

bù 步 step

wèi 未 not

dòng 動 move ◦

in this form pay attention to two points:

cǐ 此 this

shì 式 form

yào 要 must

zhùyì 注意 pay attention

liǎng 兩 two

diǎn 點 point ◦

yī 一 first:

eye spirit always follow the head, and face front and level:

yǎn 眼 eye

shén 神 spirit

shǐ zhōng 始終 from the beginning to the end

suí 隨 follow

tóubù 頭部 head

zhuǎn 轉 turn, shift, change

dòng 動 move

xiàng 向 towards

qián 前 front

píng shì 平視 look level; even ◦

at the time that the waist stops moving, the eye spirit also stops moving:

yāo 腰 waist

zhuǎn 轉 turn; shift; change

tíng 停 stop; pause

shí 時 time

yǎn 眼 eye

shén 神 spirit

yì 亦 also

jí 即 immediately

shōu zhù 收住 stopped ◦

second:

the hand follows the waist turn:

yāo 腰 waist

zhuǎn 轉 turn

zé 則 then

shǒu 手 hand

yì 亦 also

suí 隨 follow

zhī 之 it (part)

zhuǎn 轉 turn; shift; change

dòng 動 move ◦

when the waist stop the hand movement also stop:

yāo 腰 waist

dìng 定 fixed

zé 則 then

shǒu 手 hand

dòng 動 move *action*

yì 亦 also

dìng 定 fixed; calm; stable; settled ◦

remainder of strength of the movement not settled. This is called dàng (swing):

rán 然 but; however

dòng 動 move

zhī 之 part's

yú 餘 remainder, surplus

lì 力 strength

wèi 未 not

dìng 定; fixed

yuē 曰 is called, name

dàng 盪 or 蕩; swing ◦ *follow them*

when the swing has not stopped, it must be joined together to the movement:

dàng 盪 swing

wèi 未 not

dìng 定 fixed, settled

ér 而 and

yòu 又 again

yǔ 與 get along with

dòng 動 move

xiāng 相 mutually

liánjiē 連接 join together ◦

this is the key to t'ai chi practice:

cǐ wéi 此為 this is

tàijí quán 太極拳

zhī 之 of

guān jiàn 關鍵 key ◦

as the movement progresses, the swing follows:

zhèngzài dòng 正在動 progressing when it is moving

ér 而 and

zhìyú 至於 goes to

dàng 盪 swing ◦

the swing connects to the movement:

dàng 盪 swing

yòu 又 then

jiēshàng 接上 connect to the

dòng 動 movement ◦

move, swing:

dòng 動 move

dàng 盪 swing ◦

swing, move:

dàng 盪 swing

dòng 動 move ◦

between the two you must definitely not break!:

liǎng zhě 兩者 both things

zhījiān 之間 between,

jué 決 definitely

bù kě 不可 can not

jiànduàn 間斷 break; cut off

ěr "!" ◦

if you even leave the slightest gap, then it is immediately broken:

rú 如 if

shāoshāo 稍稍 slightly

yǒu 有 have

jiàn 間 gap ,

jí 即 immediately

wèi 爲 for

zhī 之 it

duàn 斷 break ◦