



# Taijiquan: Cultivating Inner Strength

By C.P. Ong

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## Taijiquan: Cultivating Inner Strength By C.P. Ong

This book diverges from traditional exposition on Taijiquan (Tai Chi Chuan) as it engages rather than shuns the role of muscles in elucidating the cryptic practice dictum of “using yi (mind) and not li (muscle force).” It centers on the core principle of Taiji balance—the balance of yin and yang, but presents the metaphysics of balance the way the body comprehends it, developmentally, through practice in the musculo-skeletal framework. In the process, the fog of mystique lifts, and the many abstruse concepts of Taijiquan become clear. Taijiquan training is physical at the initial phase, but the slow-motion exercise nurtures a meditative discipline of the mind. As it progresses, the soft methodology grows into one of building qi-energy, and then the practice becomes more internalized. The process fortifies the body with qi and cultivates a holistic balance of the organ systems. The book explains how the training methodology, in pursuing Taiji balance, leads to the development of a highly refined strength called neijin (inner strength). By incorporating the training of “silk-reeling energy” in Taiji balance, the practitioner develops the coiling power (chanrao jin) that underlies the magic of Taijiquan kungfu.

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### **About the Author**

C.P. Ong is a 20th generation Chen Family Taijiquan disciple of both Chen Xiaowang and Chen Zhenglei. He has traveled with them, as well as with Zhu Tiancai, for a few years in their U.S. workshop tours. He first began his Taiji studies in 1972 learning the Guang Ping Yang Style from Master Y.C. Chiang in Berkeley, CA. He is also a student of vipassana (insight) meditation and has attended several intensive meditation retreats in Buddhist monasteries in Yangon, Myanmar. He grew up in Malaysia and attended the University of Western Australia, Perth. In 1973, he received his Ph.D. in Mathematics from the University of California, Berkeley.

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