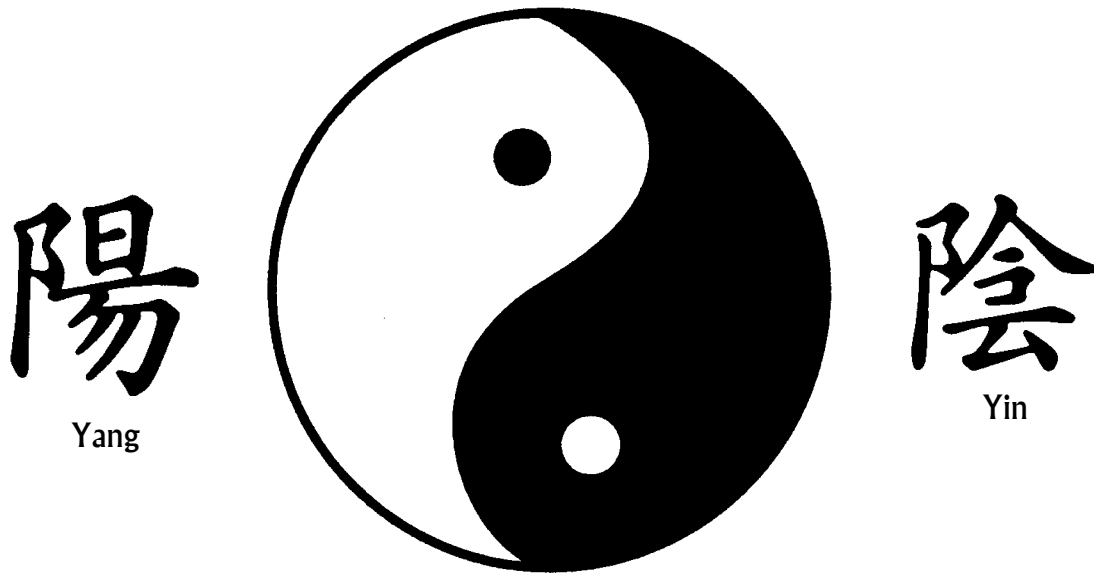


# Yin and Yang Theory



T'ai Chi diagram  
symbol of Yin and Yang

## Yin and Yang Aspects/Qualities

Examples of Complementary Opposites of Yin and Yang

(Yin)	(Yang)
Front	Back
Dark	Light
Cold	Hot
Soft	Hard
Female	Male
Interior (inside)	Exterior (outside)
Inferior (lower)	Superior (upper)
Right	Left
Inactive	active
Deficient	Excess
Descending	Ascending

# Principles of Yin and Yang

Yin and Yang are labels given to explain and describe the constant natural change and rhythms within nature and the universe. Yin and Yang expresses a dynamic equilibrium between two aspects of mutually dependent opposites.

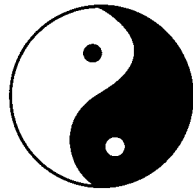
Yin and Yang are interdependent on each other, one does not exist without the other. They mutually create and control one another. There is a continual transformation into each other. For example without "light" there is no concept of the meaning of "dark" and vice versa, without soft there is no meaning of hard and the list goes on and on.

The aspects of Yin and Yang can be infinitely further divided into aspects that are in themselves Yin and Yang. There is always some aspect of Yang within Yin and some aspect of Yin within Yang. For example, refer to the Tai Chi diagram. Notice the small white and black dots in the diagram, these symbolize that there is always some aspect of Yin and Yang within each other. Nothing can be completely defined as all Yin or all Yang.

## T'ai Chi diagram

太

T'ai  
Grand



極

Chi  
Ultimate

## Liang-I



Yang-I  
Yang pole



Yin-I  
Yin pole

## Szu-Hsiang



Tai Yang  
Grand Yang



Shao Yin  
Small Yin



Shao Yang  
Small Yang



Tai Yin  
Grand Yin

## Pa-Kua



Chien



Tui



Li



Chen



Sun



Kan



Ken



Kun

There is no absolute when dealing with Yin and Yang. It is like nature, constantly changing. Therefore the training in our martial art should always be developing and manifesting itself.

五

Wu  
Five

# Five Elements/Phases Theory (Wu Xing)

行

Xing  
Phase

火

Fire  
(Huo)

土

Earth  
(Tu)

金

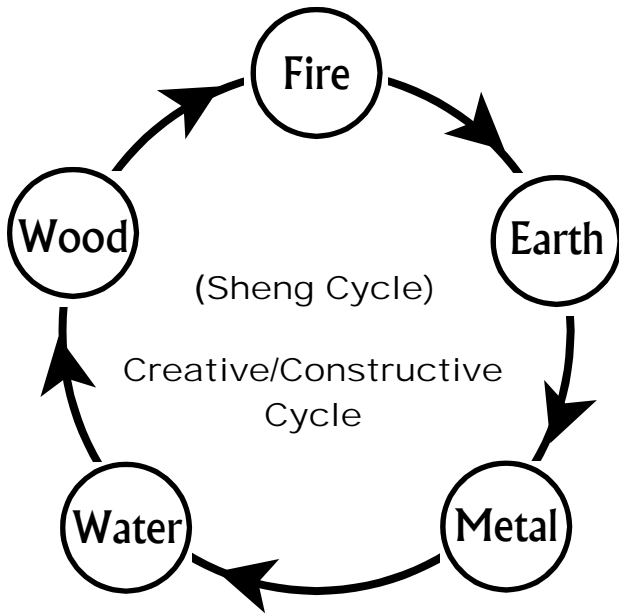
Metal  
(Jin)

水

Water  
(Shui)

木

Wood  
(Mu)



### Creative/Constructive (Sheng) Cycle

Each element creates and nourishes the next element within the cycle (Mother to Son relationship)

For example:

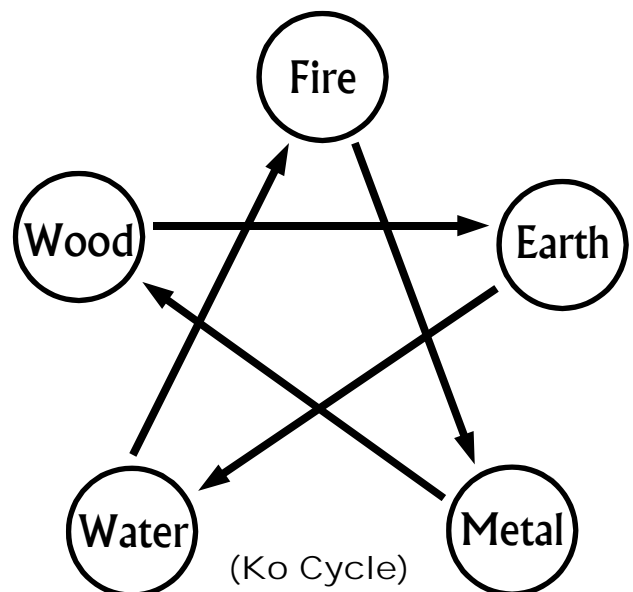
**Fire** produces **Earth** (result of fire, *ash* which becomes earth)

**Earth** produces **Metal** (earth yields minerals which are mental)

**Metal** produces **Water** (metal when melted, liquefies like water)

**Water** produces **Wood** (water nourishes growth, which gives birth to wood)

**Wood** produces **Fire** (wood is burned, which fuels the fire)



### Controlling/Destructive (Ko) Cycle

Each element controls and regulates the next element within the cycle. (Grandmother to Grandson relationship)

For example:

**Fire** controls **Metal** (fire melts or liquefies metal)

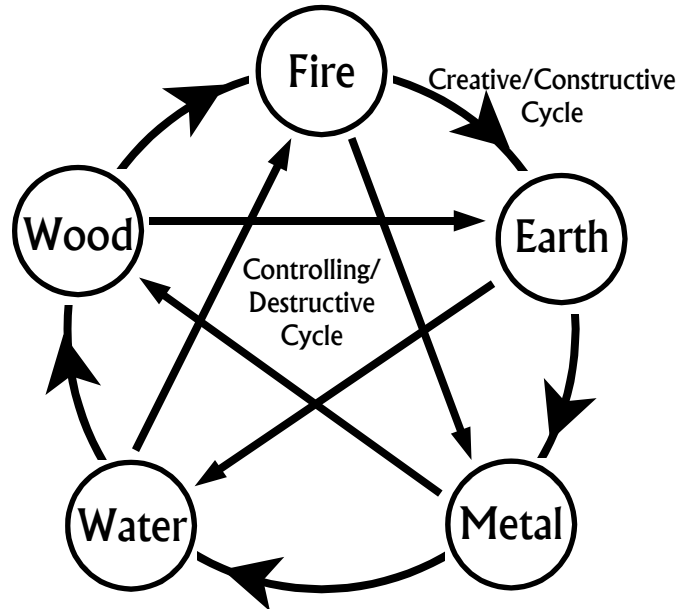
**Metal** controls **Wood** (metal cuts or chops wood)

**Wood** controls **Earth** (wood covers or penetrates earth)

**Earth** controls **Water** (earth absorbs, dams up or restricts the movement of water)

**Water** controls **Fire** (water extinguishes or douses fire)

# Interaction of the Five Elements/Phases



The Interaction between the Five Elements/Phases within both the creative and controlling cycles

***Creative Cycle (Sheng)***

Each element is nourished by another element  
Each element nourishes another element

*(Mother to Son cycle)*

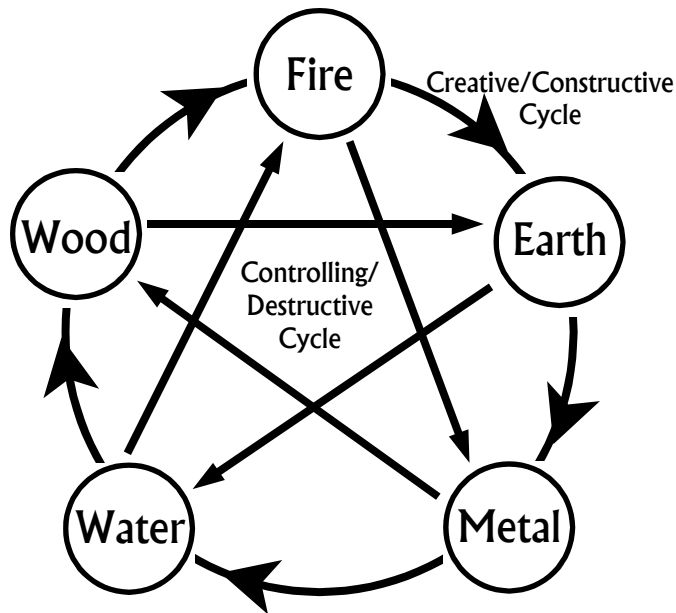
***Controlling Cycle (Ke)***

Each element controls another element  
Each element is controlled by another

*(Grandmother to Grandson cycle)*

See table below:

Element/Phase	Nourished By	Nourishes	Controls	Controlled by
Fire	Wood	Earth	Metal	Water
Metal	Earth	Water	Wood	Fire
Wood	Water	Fire	Earth	Metal
Earth	Fire	Metal	Water	Wood
Water	Metal	Wood	Fire	Earth

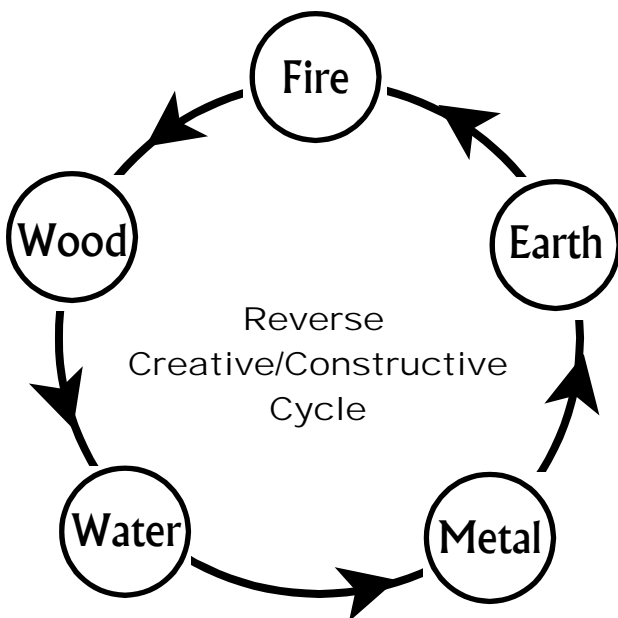


### Reversing the Creative/Constructive Cycle

This cycle moves in reverse order of the creative cycle.

#### For example:

If you were to strike a point that is of the fire element and wish to increase the effect, you may want to strike a wood element next. This would decrease the ability for the wood element to nourish the fire element. One step further would be to then strike to a water element point, in turn decrease the ability for the water element to nourish the wood element thus further weakening the fire element point.

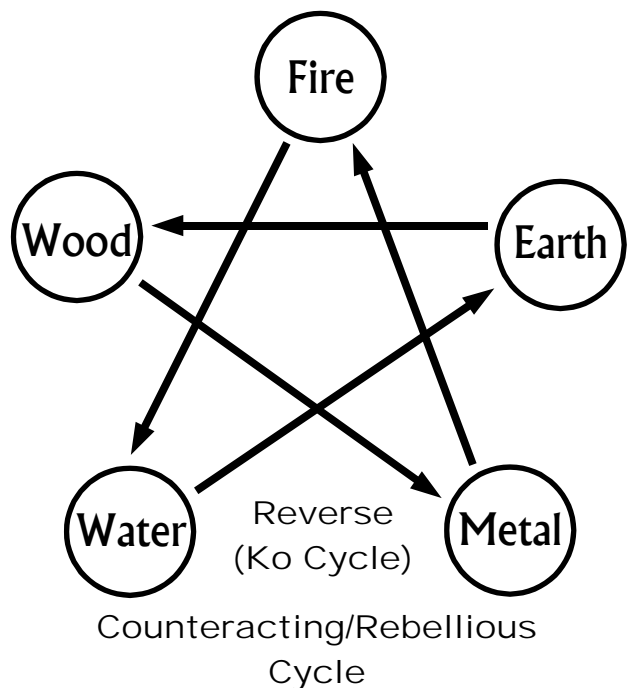


### Counteracting/Rebellious (Reverse Ke) Cycle

This cycle is where one element rebels against its controlling or regulating element.

#### For example:

- Fire** counteracts **Water** (fire boils or steams water)
- Water** counteracts **Earth** (water overcomes/washes away earth)
- Earth** counteracts **Wood** (earth allow no root for wood)
- Wood** counteracts **Metal** (wood dulls or takes the edge off metal)
- Metal** counteracts **Fire** (metal smothers and extinguishes fire)



# The Meridians (Jing-Luo)

## Twelve Main/Regular Meridians

Yin Organs (Zang)	Paired Meridian	Yang Organs/Bowels (Fu)
Heart (Xin)	paired with	Small Intestine (Xiao Chang)
Pericardium (Xin Zhu)	paired with	Triple Heater (San Jiao)
Lung (Fei)	paired with	Large Intestine/Colon (Da Chang)
Liver (Gan)	paired with	Gall Bladder (Dan)
Spleen (Pi)	paired with	Stomach (Wei)
Kidney (Shen)	paired with	Bladder (Pang Guang)

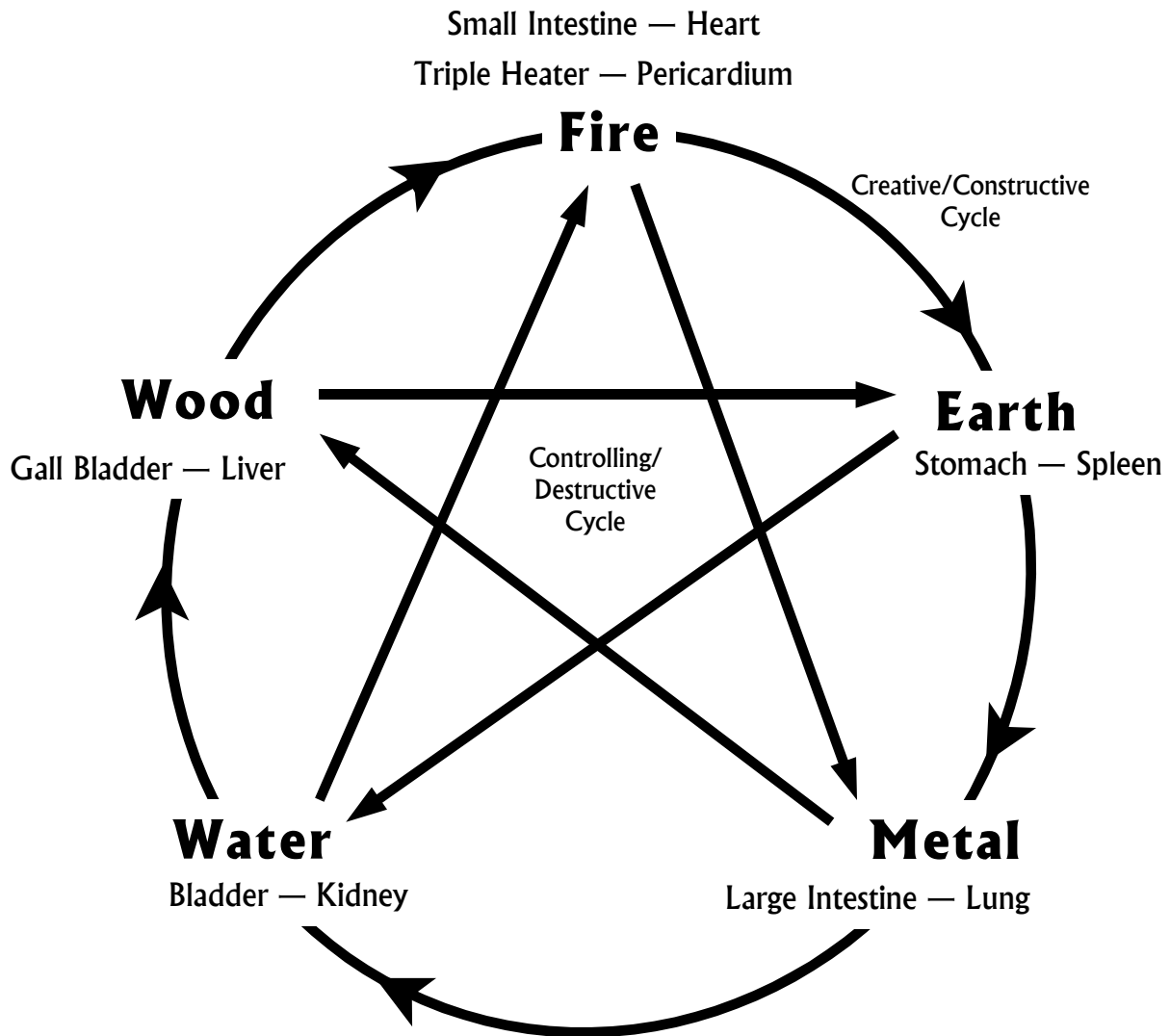
The Meridians are invisible channels in which **Qi**/energy flows around the body. The Meridians function is to circulate chi and blood throughout the body. The Twelve Main /Regular Meridians are bilateral. There is a constant circulation of energy, moving in a specific direction, either descending or ascending flow.

## Extraordinary Vessels

Yin (unifies the Yin Meridians)	Yang (unifies the Yang Meridians)
Conception Vessel (Ren Mai)	Governing Vessel (Du Mai)

*(Note: there are a total of eight Extraordinary Vessels, remaining six are not shown.)*  
 One function of the Extraordinary Vessels is to adjust and regulate the levels of **Qi/Chi** in the twelve regular meridian. The Conception and Governing Vessels are unilateral. The Conception Vessel is on the anterior (front) midline of the body. The Governing Vessel is on the posterior (back) midline of the body

# Five Elements/Phases and Twelve Main/Regular Meridians



Element/Phase	Yin Organs Meridian	Yang Organs/Bowels Meridian
Fire	Heart	Small Intestine
Fire	Pericardium	Triple Heater
Metal	Lung	Large Intestine/Colon
Wood	Liver	Gall Bladder
Earth	Spleen	Stomach
Water	Kidney	Bladder