

























# EIGHT ENERGIES

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	1	ward-off	pong		sky		<ol style="list-style-type: none"> <li>1. strength, power, untiring energy</li> <li>2. elastic and springy like a ball</li> <li>3. accepting and redirecting</li> <li>4. away from center</li> </ol>
	2	pull-back	lu		earth		<ol style="list-style-type: none"> <li>1. soft and yielding</li> <li>2. never oppose force</li> <li>3. exhausted and defeated</li> </ol>
	3	press	chi		water		<ol style="list-style-type: none"> <li>1. deceptive - soft and yielding</li> <li>2. inner essence is dangerous</li> <li>3. stick to opponent</li> <li>4. water penetrating a crack in a rock</li> </ol>
	4	push	an		fire		<ol style="list-style-type: none"> <li>1. aggressive, searching energy</li> <li>2. outward, upward</li> <li>3. yield, then push</li> <li>4. arms union w/ body</li> <li>5. do not overextend</li> </ol>
	5	pull-down	tsai		wind		<ol style="list-style-type: none"> <li>1. opp. force downward</li> <li>2. power to shock/off balance</li> <li>3. body as total unit</li> <li>4. connection across back</li> <li>5. attached to waist</li> </ol>
	6	split	leih		thunder		<ol style="list-style-type: none"> <li>1. defensive to attacking energy</li> <li>2. take energy into tight coil</li> <li>3. release energy suddenly and open</li> <li>4. energy pushes opponent over backward</li> </ol>
	7	elbow	chou		lake		<ol style="list-style-type: none"> <li>1. fierce striking energy</li> <li>2. used when opponent crowds</li> <li>3. keep intention, concealed energy</li> <li>4. leg/waist/awareness w/ elbow</li> </ol>
	8	shoulder strike	kao		mountain		<ol style="list-style-type: none"> <li>1. image of Mountain in mind</li> <li>2. when opp. is close</li> <li>3. "t" is the key</li> <li>4. hip and shoulder together.</li> <li>5. body erect</li> </ol>