

IMAGE WRITING 6

Sam Slutsky



These image writing notations were written after the publication of my “T'ai Chi Ch'uan Notes” book: 2012. I will continue to update this file as new material becomes available. Some of the entries will be entered as scans of their original notation form.



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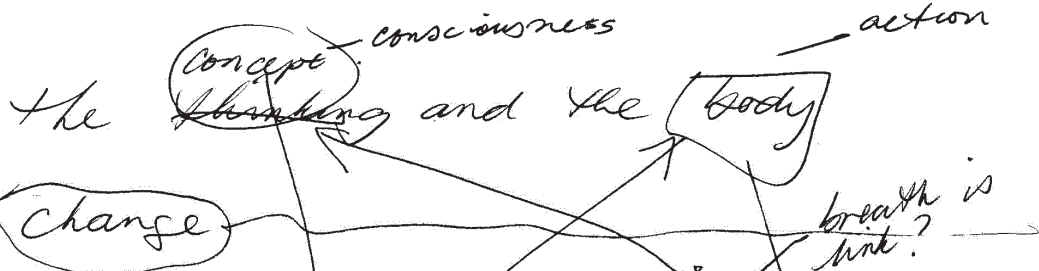
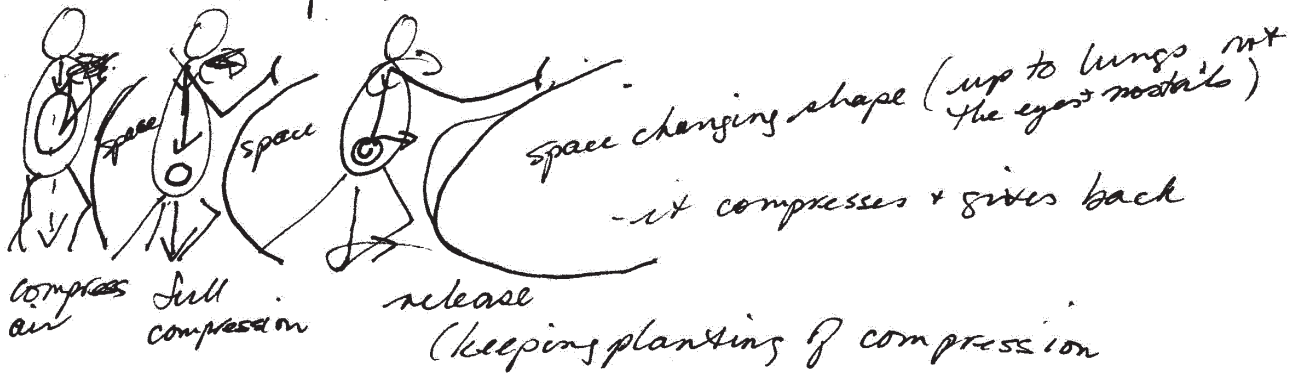
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These are older drawings that should have made it into the previously published "T'ai Chi Ch'uan Notes" volume.

deliberate movement

At the yang hand compress the jin hand to its still point (time of full stance where solid leg & solid hand meet) - Then - release

air + compression of compression of yang hand.



what is the premise of all this the desire for change that makes tai chi operable. what is the purpose fascination.



A body slower than thinking (but not really)

make the together | because both have to be interrelated into a ~~continuous~~ continuum.

There is only one opportunity because all time is united in one continuous moment.

Inside circle palms - outward pressure (small) to maintain central stability within one of the inside circles while stepping.

My educational background gave me a mediocum of cognitive and writing skills, and so I speak and write. But for me, it has always been about the dance.

Every time you begin you have to recreate it until it is a state of continuous creation. When you train enough, the beginning is always somewhat disconnected, and as you go along and your themes fall away - something just happens and the pumping begins, and everything moves in a counter-rhythmic synchronicity; and if you cling to it - it's gone.

There is a tendency to compress and lock the 4 corners (hip and shoulder joints) at the expression of the yang phase of a movement, when they should be opened and freely counter rotating in harmony with the soles of the feet and the palms of the hands (4 counter related bubbling wells).

unification through differentiation

Asymmetrical symmetry.

Allow yourself to be lifted up from the bottom of your feet.

Spirit leap – gravitational inversion. (this one and the one before it go together – somewhat).

Front for back; back for front

Be led into the spaces that movement creates.

Still suspention. Suspend your intention and stay with the anchor as pivot point and allow the movement to fulfill itself around that.

The active outbreak begins after the yin hand has found its stillness.

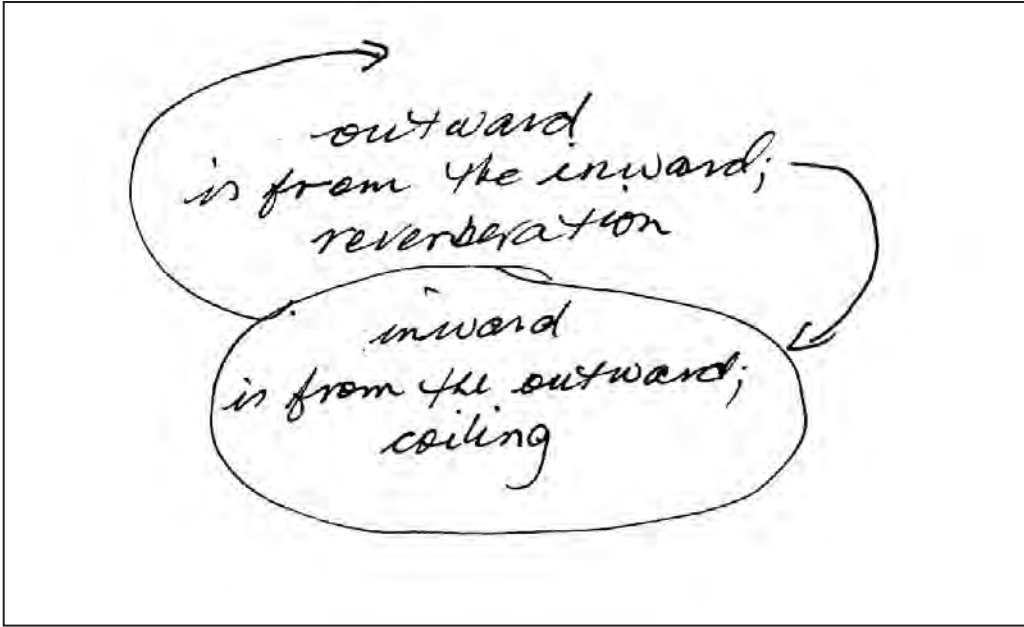
posture. (inbreath)
 the release of a posture is upward
 and the weight begins to shift
~~of itself~~ of itself, and when
 it passes the median line, the outbreath
 begins around the inbreath and the
 compression descends around the
 outside to the yin foot (
 (yang foot upward (inbreath)
 yin foot downward (outbreath)
 (front for back; back for front)

The release of a posture (inbreath) is upward (in nature, not as act), and the weight begins to shift of itself; and when it passes the median, the outbreath begins around the inbreath and the compression descends to the yin foot (energetically).

becoming yang foot upward (inbreath)
 becoming yin foot downward (outbreath)

the way into the article Gain is loss
 the tai chi practice presents a model
 of movement and a state of being & a process.
 practice & principles becoming
 the practice moves one toward becoming transformed
 toward that particular model
 one begins with one's own state of mind & physicality
 every conception is a misconception. a
 partial deviation from the unification.
 a constant dance between the training
 in the art and being in a state of unification,
 and making them one.

there are moments



articulation

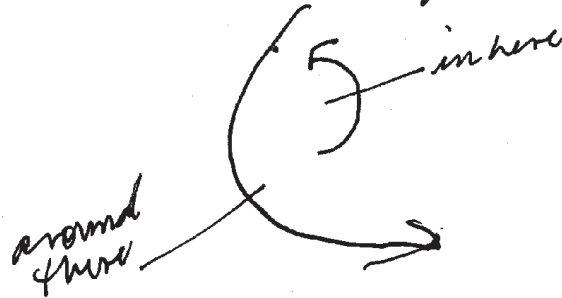
visual ~~particularity~~
seeing the particular within the
whole

(sockets)

The caps of the hip & shoulder joints are above the balls.

I've had to relearn this so many fucking times.

a space within a space in space



hit the opponent when they are in a weightless (neutralized) state; then the opened space can be entered.

still and still moving

compress + lock
There is a tendency to ~~lock~~ the 4 corners
at the expression of the yang phase (energy
~~outward~~ outward), when the hip & shoulder
joints, ^{which} should be ~~free~~ ^{opened +} counter rotating (freely)
in harmony with the foot sole of the
feet and the palms of the hands circulate
(counter bubbling wells) to ~~outward~~ the
energy inward.

The inward change within the stance
generates the arms as a counter swirling
arc (~~in~~ both in all spherical dimensions)

stretch it out until it is in a state
of inequilibrium - and that is the
Still point, ^{spin-rotate} turn and ~~rotate~~ around
that point and release to the
opponent ^{as} ^{external} your movement
stops

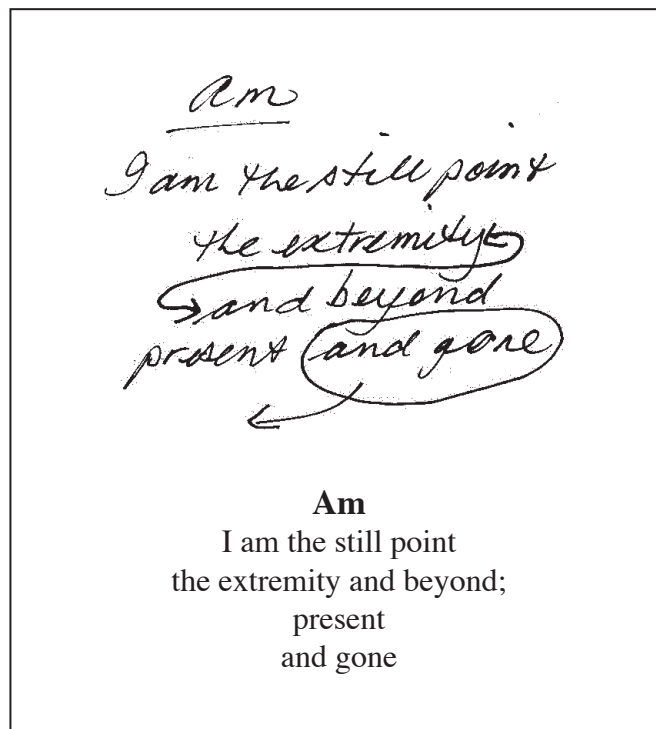
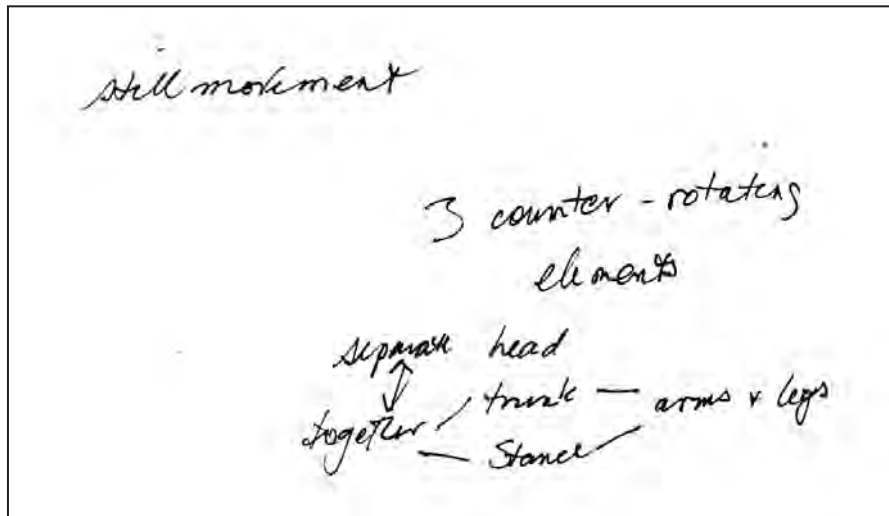
stay with the yin foot

grounded in heaven

ecstasy

inside outside - same

encompassing oneself
encompassed by space
and radiating with all



diagonal for square
square for diagonal
let the compression release
through the open space
of the stance

Center equilibrium is not static. It is present in all aspects of movement.

Be still and be moved by the surrounding forces, and enter the dance.

Spine - body core counter-spin.

Stepping and stances; occupying spaces - encompassing spaces.

The ancestors are behind; let the ripple move through you.

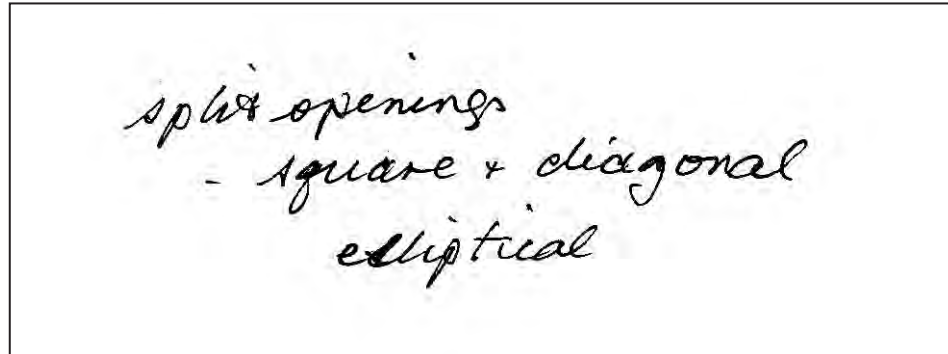
rotating gravity

defensive to / and releasing energy

float - release the compression down
around the outside

the wind is at the back
one's life stream
(it's bigger than this)

When the external movement stops, there is no end; and the presence of the surrounding stream will not be broken.



look the other way to see

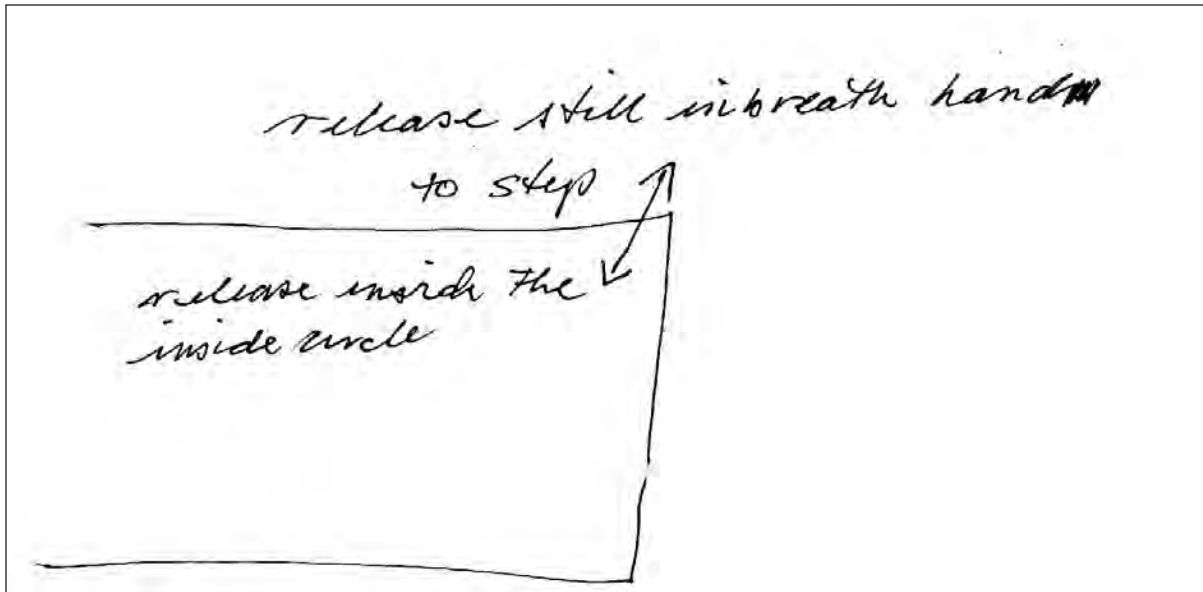
“all all from the thinking to do”

“all all from the back to do”

quotes from Mr. Lee



Still and unending



Mind intent without intention (which causes tension).

Both elliptical and circular at the same time.

Projection is an abandonment of self.

The release of the palms of the hands initiates their weight shift. The yang expression comes after the weight has shifted and the foot dispositions have established themselves.

One cannot have anything that one has not given up.

First one learns the correct exterior. This creates the possibility to establish and align the interior, and this allows the dynamic interrelation of fluid and balanced still-motion.

Ride the weightless moment at the apex of movement, and swirl around the still, vacuous core.

When the palms are released, the knee of the yin leg bends, and this continues past the middle. The other knee straightens in its directional angle. This allows a rounded diagonal tangent for the relaxed expression of the yang manifestation.

resides

the seat of the mind is in the brain
stem and radiates out ward & inward
in all directions - pulsating with
~~the~~ ^{sphere} space (spherical)

the air is everywhere, and
pulsation creates breath

linked
(~~being~~ with the spine)

The seat of the mind resides in the brain stem (linked with the spine) and radiates inward and outward in all directions - pulsating with spherical space. The air is everywhere, and pulsation creates breath.

The distance that ~~you~~^I have to readjust to returning to central equilibrium, is the distance that ~~you~~^I went too far.

release to come back for the hands.

(which initiates the weight, shift)
Keep ~~hold~~ the will in suspension

Pulsating
It is a long journey from there to here.
and releasing gravitational force
harnessing the force of gravity
circulating gravity

book ending

It is a relief and a joy and an emptiness and a death
and a rebirth if I go back to the beginning. Gratitude.