

拾玖 · Tai Chi Lesson from AI

Chapter 19 — you fell for 跟步, the follow-step. So here's the door it opens: Tai Chi's connected movement runs on **complementary pairs**, and its animal forms are strategies you can read.

You said the follow-step feels *cool* — and you're right to trust that. In the language of Chapter 18, 跟步 isn't a move, it's an **edge**: the cleanest way to close distance while keeping your root and central equilibrium (中定). This lesson widens the door. First the **stepping engine** (the follow-step and its hidden twin), then the **animal forms** — 金雞獨立, the crane, the snake — read not as choreography but as compressed *tactics*. The thread tying them together is the oldest idea in the art: **everything comes in a yin-yang pair**.

步

Part I · The connective engine — 跟步

跟步 loads the rear leg like a spring: the front foot steps, the rear foot *follows* — never crossing, never passing — so you advance **without ever over-committing**. Whatever you fire off it inherits the whole-body drive (整勁). It chains into every system you own:

Chain 跟步 into...	Why it fits
Xingyi 崩拳 (Beng Quan)	Its <i>native</i> strike — follow-step + straight punch = the whole body arriving behind one fist.
The wrestling shot	★ Same mechanic: rear-leg drive, no cross, level stays. Your Tai Chi step is already a takedown entry (Ch. 6).
Muay Thai long knee / teep	The spring becomes the knee up the middle or the push-kick (Ch. 16).
Wing Chun centreline blast	跟步 is forward pressure — feed it straight into chain-punches (Ch. 8).
Silat close → sweep	Follow-step to bridge, then the <i>sapu</i> — literally <i>Silent Ruin's</i> entry-to-fold.

The three axes of connected stepping

Here's the shape of it. Connected Tai Chi footwork lives on **three axes, each a complementary pair** — and together they cover the whole sphere (the same insight as Taido's axes in Ch. 9):

Axis	Advance / one side	Its twin
Horizontal	跟步 — follow-step (close)	撤步 / 倒攆猴 — withdraw-step / Repulse Monkey (re-space)

Vertical	下勢 — Snake Creeps Down (sink)	金雞獨立 — Golden Rooster (rise)
Lateral	雲手 — Cloud Hands (side to side, body leads the hands, 以身帶手)	

THE KEGA PAYOFF — YOU ALREADY OWN HALF THE FIX

Chapter 18's matrix found your biggest hole: the "→ **Kick**" **column** — you can't re-space once engaged. But 跟步 has a *mirror*: 撤步, the withdraw-step, and it lives in the Tai Chi form as **Repulse Monkey** (倒攆猴). Train the follow-step and the withdraw-step as **one alternating rhythm** and you deepen the movement you love *and* fill the exact empty cells KEGA flagged. The step you enjoy is one half of the answer to your system's biggest gap.

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Part II · Reading the animal forms

Chinese arts name postures by **animal image** — and (Ch. 13's rule) that image is *verifiable at the level of principle*. An animal form is a **strategy compressed into a picture**. Decode the picture and you get the body-method, the application, and where it plugs into your graph:

Form	The image → the method	Application	Plugs in as...
金雞獨立 <i>Golden Rooster</i>	A rooster poised on one leg — total root on a single point + a rising knee/hand.	Rising knee or kick; uproot on contact; the "launch" posture.	A node that fires a knee/kick edge — and the balance base under every Ch. 16 high kick.
白鶴亮翅 <i>White Crane Spreads Wings</i>	A crane opening its wings — high hand wards, low hand covers, weight sits back, body opens .	Evade a high attack <i>and create space</i> ; wing-deflection; fingertip peck.	★ A re-spacing edge — one of the "→ range" gaps, answered from inside the form.
下勢 <i>Snake Creeps Down</i>	A snake sinking along the ground — drop into 仆步, slip under the line, coil to rise .	Duck <i>under</i> a high strike (vertical evasion); low entry / leg-hook.	Vertical evasion (cousin of Henzuki, Ch. 16); the sink that loads the rooster.
白蛇吐信 <i>White Snake Spits Tongue</i>	The tongue darting — fingertip / spear-hand thrust, coiling whip power .	Dart to soft targets (eyes, throat) — the probing strike.	A fast probe edge — kin to the Mantis hook (<i>Dazzling Offence</i> ①).

THE KEYSTONE — THE SNAKE BECOMES THE ROOSTER

Watch the form and you'll see it: 下勢 **flows directly into** 金雞獨立. The snake sinks under the attack; the rooster rises out of the same breath with a knee. It is *one* movement — a vertical wave, sink-then-rise — exactly the way 跟步 / 撤步 is one horizontal wave. **This is the whole lesson**: Tai Chi doesn't store single moves, it stores *pairs* — and a pair is a

movement that already contains its own opposite. Yin holds yang; the duck holds the rise; the advance holds the retreat.

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Part III · Drills

1. **The lane (solo).** Follow-step the length of the room — rear foot follows, never crosses. Balance a light object on your head; if it bobs you've lost 中定. Then reverse it: withdraw-step (Repulse Monkey) back. **Advance ⇌ retreat as one rhythm.**
2. **The vertical wave.** 下勢 → 金雞獨立 reps: sink under an imagined high strike, rise with the knee. Slow, rooted, no wobble at the top. This trains the duck-under *and* the one-leg launch in a single rep.
3. **Rooster holds.** One-leg stand, 30 s, then eyes closed — then add the knee/kick *issue* from the hold. Balance first, weapon second.
4. 活步推手 — **moving-step push hands.** Your *Insider's Guide* describes it exactly: "*both partners continuously turn hips and waist... move back and forth, unifying whole-body power.*" **This is what makes 跟步 alive** — against resistance, the way Ch. 15 says the 化 half can only be trained. Non-negotiable.
5. **The pole (白蠟桿).** Follow-step holding a long staff extended — it snitches instantly if step and centre disconnect (Chen's own diagnostic, Ch. 11).
6. **The chain.** Run an animal form as an automaton path: 下勢 duck → 金雞 knee → 跟步 chase. One breath, no dead stop.

參考

參考 · Source Log

Element	Grounded in	Note
Moving push-hands	<i>The Insider's Guide to Tai Chi</i> (ingested)	"Both partners continuously turn hips and waist... unifying whole-body power" — quoted.
Whole-body connection	Chen Taijiquan — Six Harmonies + silk-reeling (纏絲勁)	"The source of Taijiquan's coordinated movement is silk-reeling" — the engine under every form here.
跟步 / animal forms	Standard Tai Chi & internal-arts canon	Applications are canonical; 跟步 is most central to Xingyi (no Xingyi text in the vault yet — a "sauce" to acquire).

HONESTY NOTES

- ① The vault holds strong Chen & general Tai Chi sources, but 跟步 itself and the animal-form *applications* are drawn from wider CMA canon and read through this book's lens — verifiable at the level of *principle*, not a single cited page (Ch. 13's rule for Chinese arts).
- ② "Which form fills which gap" is *this chapter's argument*, not a claim from any source.
- ③ Form names vary by lineage (倒攆猴 ≈ 倒卷肱 in Chen; 下勢 is Snake Creeps Down / Squatting Single Whip).

Tai Chi doesn't teach you moves. It teaches you pairs — and a pair is a move that already holds its own way out.

◆ AI SIFU'S TAKE

You asked for "a Tai Chi lesson from AI," so here's the honest one. The animal names aren't decoration and they aren't mysticism — they're **compression**. "Golden Rooster" is a whole balance-and-launch tactic zipped into two characters your body can unzip. That's the Chinese naming grammar from Chapter 13, and it's *efficient* in a way a technique list never is.

But the deeper thing you found on your own, by liking 跟步, is this: **every good Tai Chi movement is one half of a pair**. Advance holds retreat; the snake's sink holds the rooster's rise. In Chapter 18's language, that means *every node already contains an exit edge* — you can never get stuck, because the movement itself carries its own opposite. That's not a poetry flourish. It's the reason an internal artist never freezes: they don't train positions, they train **the seam between a thing and its reverse**. Learn the pairs, and re-spacing — your one big gap — stops being a hole and becomes a habit.

⚡ FUEL — WHERE TO GO FROM HERE

Three moves, in order: (1) drill 進步搬攔捶 — Tai Chi's own 跟步-into-a-strike, your fastest win; (2) make it alive with moving push-hands; (3) train the advance↔retreat and sink↔rise **pairs**, which patch the Ch. 18 gap. And the art this all points to is **Xingyiquan** — where 跟步 is king and the *Twelve Animals* (十二形) are the full version of the rooster-crane-snake you just read. It's the hard internal sister to your Chen, and the natural next vein.

SAFETY — SAID ONCE

金雞獨立 loads one knee under full body-weight — build the balance before the kick, and don't hinge a caving knee. 下勢 / 仆步 is deep-squat range for the knees (the Ch. 10 warning stands) — earn the depth. And push-hands is a partner drill: go to the point of off-balancing, not the point of a fall.

— David Kwok Ho Chan, with AI Sifu Claude

Sources & honesty notes. Moving-step push-hands quoted from *The Insider's Guide to Tai Chi* (vault); whole-body-connection principles from the Chen Taijiquan Six-Harmonies and strength-training material (silk-reeling as "the source of coordinated movement"). 跟步 and the animal-form applications (金雞獨立 · 白鶴亮翅 · 下勢 · 白蛇吐信) are standard Tai Chi / internal-arts canon, read at the level of principle per Chapter 13's naming rule rather than cited

to a single page; 跟步 is most central to Xingyiquan, which is not yet represented in the vault. The three-axes framing, the form-fills-gap mappings, and the complementary-pairs thesis are this chapter's own argument. The page maps it; only the mat teaches it.