



# Silk-Reeling Energy for Tai Chi, Hsing-I, and Bagua

*Ken Gullette*

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173 photos and detailed instruction offer insights into how to develop Silk-Reeling Energy -- also known as Chan Ssu Jin -- a key element of Tai Chi, Baguazhang, and Hsing-I Chuan, the internal arts of Chinese kung-fu. In fact, you cannot perform these arts at a high level without understanding silk-reeling energy. It is a spiraling movement that adds power to these arts. Silk-reeling is a physical skill -- a specific way of moving the body. It is not mystical or metaphysical. The translation of the word "energy" is misunderstood. It means "method" -- a way of moving and delivering strength -- more than it means a literal energy in the body. In this ebook, Sifu Ken Gullette takes you through 18 exercises to help you unlock the movements that so few internal artists truly understand. This is a companion to Ken's Silk-Reeling DVD. To understand silk-reeling energy, you must develop skill in five other key internal body mechanics -- the ground path, peng jin, whole-body movement, Dan T'ien rotation, and opening/closing the kua. The material in this ebook provides instruction and clear photos that will point you in the right direction. Ken learned many of these exercises and the principles behind them from Grandmaster Chen Xiaowang, Chen Xiaoxing, and their students and disciples.

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