

Glossary of Chinese Martial & Internal Arts Terms

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Pinyin	Wade-Giles	Definition
Maxiqi 马希奇	Ma Hsi Ch'i	'Masich' sinofied. (lit. 'Strange Horse') 'Xiqi', when applied to an object, means 'unusual' or 'rare' but when applied to a person means 'eccentric' or 'strange'. Oh well, if the horse shoe fits...

Some general terms relating to Chinese Martial Arts

Wushu 武术	Wu Shu	'Chinese Martial Arts' (lit. 'Martial art' or 'skill'). Correct name for all styles of Chinese Martial Arts including modern, traditional, internal, external, weapons, competition, military etc. For example <i>Taijiquan</i> is a school of Wushu.
Gongfu 功夫	Kung Fu	'Chinese Martial Arts' (lit. 'achievement through time and work'). Often used to describe traditional Wushu.
Guoshu 国术	Kuo Shu	'Chinese Martial Arts' (lit. 'National Arts'). Used to describe 'Wushu' in China's Republican era. Still in use in Taiwan
Wude 武德	Wu Te	Martial ethics. Refers to the observance of customs of respect and courtesy between members of the martial arts community. Properly, a virtue to be embodied rather than merely heeded. Martial artists lacking this quality are considered to be mediocre regardless of their technical skill level.
Neijia 内家	Nei Chia	'Internal Arts' (lit. 'Internal Family').
Neijiaquan 内家拳	Nei Chia Ch'uan	Internal School(s) of Wushu
Maxiqi Neijiaquan 马希奇内家拳	Ma Hsi Ch'i Nei Chia Ch'uan	<i>Sam Masich Internal Martial Arts School</i>
Quan 拳	Ch'uan	Style of Boxing (lit. 'Fist')
Quanfa 拳法	Ch'uan Fa	Fist Methods

Shuaijiao 摔跤	Shuai Chiao	Wrestling (lit. 'Falling Entangled')
Qinna 擒拿	Ch'in Na	'Seizing and Capturing' skills
Dao 刀	Tao	Sabre (lit. 'Knife'). Single edged sword. (Not to be confused with 'Dao'/'Way')
Jian 劍	Chien	Narrow blade straight-sword. Called, 'King of short weapons'.
Gun 棍	Kun	Staff.
Qiang 枪	Ch'iang	Spear. Called, 'King of long weapons'.
Shifu 師傅	Shih Fu	Teacher. Master. Highly respectful term for an instructor used commonly in reference to Wushu teachers and experts.
Tudi 徒弟	T'u Ti	Follower or apprentice. Usually refers to the formal disciple of a teacher.

Some Internal Schools of Wushu, or 'Neijiaquan'

Taijiquan 太极拳	T'ai Chi Ch'uan	'Great Extremes' Boxing. The most famous internal school. Characterized by slower continuous movement. Broken into 5 major branches; Chen, Yang, Wu, Sun, Hao & Fu, styles. Based on Yin/Yang theory.
Chen shi Taijiquan 陈式太极拳	Ch'en shih TCC	Chen style is the earliest known branch to contain forms & methods recognized as Taijiquan. Characterized by 'inner coiling' movement & abrupt expressions of power. Derived mainly from Shaolin sources. One of the 5 major styles. Originally from mid-17th century.
Yang shi Taijiquan 扬式太极拳	Yang shih TCC	Yang style best portrays the most common conceptions of Taijiquan. Characterized by slow, even movement which and open relaxed postures. Derived from Chen style. One of the 5 major styles. Originally from mid-19th century. Common variant (Yang Cheng-fu style) from early 20th century.

Wu/Hao shi Taijiquan 武/郝式太极拳	Wu/Hao shih TCC	Wu (Yixiang) style was popularized by Wu's descendant Hao Weichen thus the two names. Characterized by tight, compact postures and slow, fairly even transitions. Rarely seen today. Derived from early Chen and Yang style variants. One of the 5 major styles. Originally from mid-19th century.
Wu shi Taijiquan 吴式太极拳	Wu shih TCC	Wu (Jianquan) style is similar in character to Yang but more compact, inclining during many postures. Derived from Yang style. One of the 5 major styles. Originally from late-19th century.
Sun shi Taijiquan 陈式太极拳	Sun shih TCC	Sun style is similar in character to Wu/Hao with additional elements from Xingyiquan & Baguazhang. Created by Sun Lutang. Derived from Yang style. One of the 5 major styles. Originally from late-19th century.
Fu shi Taijiquan 傅式太极拳	Fu shih TCC	Fu style is similar to Sun in that many elements from Xingyi & Bagua influence. Characterized by large 'outer coiling' postures. Created by Fu Zhensong, colleague of Yang Chengfu. Derived from Yang Cheng-fu's style. Early 20th century.
Zheng Manqing shi Taijiquan 郑曼青太极拳	Ch'eng Man-ching shih TCC	Actually a variant of Yang shi Taijiquan but widely popular and distinctive enough to be considered a separate system. Zheng Manqing was the first to popularize Taijiquan in the West via his 37 Posture form. Characterized by very soft and relaxed postures. Derived from Yang Cheng-fu's style. Mid-20th century.
Taoist Tai Chi Society (<i>not Pinyin</i>) 道家太极拳社	'Taoist Tai Chi' (<i>not Wade-Giles</i>)	In reality a variant of Yang Style Taijiquan. The 'Taoist Tai Chi Society', founded in 1970 in Toronto, Canada by Moy Lin Shin, promotes it's Tai Chi and other practices around the world. Characterized by exaggerated leaning, narrow width stances & comparatively abrupt transitions. Derived from Yang Cheng-fu's style. Mid-20th century.

Baguazhang 八卦掌	Pa Kua Chang	<i>'Eight Trigram' Palm.</i> Characterized by intricate circular footwork & 'threading' movements. The only Neijia system derived from Daoist sources. Originally created in the early 19th Century by Dong Haichuan. Based on 'Bagua' theory.
Xingyiquan 形意拳	Hsing I Ch'uan	<i>'Shape of Will' Boxing.</i> Characterized by straight lines and abrupt force. Possibly created in the Song Dynasty (960-1280 AD). Based on 'Wuxing' theory.
Liuhe Bafa 六合八法	Liu He Pa Fa	<i>'6 Harmonies, 8 Methods' Boxing.</i> Combines Taijiquan, Baguazhang, Xingyiquan elements.
Wudangshanquan 武当山拳	Wu Tang Shan Ch'uan	<i>'Wudang Mountain' Boxing.</i> Thought by some to be the place of Taijiquan's origin.
Yiquan 意拳	I Ch'uan	<i>'Mind' or 'Will' Boxing.</i> Thought by some to have 'split off' from Xingyiquan. Characterized by still postures and simple, effective shapes.
Dachengquan 大成拳	Ta Ch'eng Ch'uan	<i>'Great Perfection' Boxing.</i> A type of Yiquan.
<i>Some External Schools of Wushu. 'Waijiaquan' or 'Shaolinquan'</i>		
Shaolinquan 少林拳	Shao Lin Ch'uan	<i>'Shaolin Temple Boxing'.</i> The earliest known form of systematized Chinese boxing.
Changquan 长拳	Ch'ang Ch'uan	<i>'Long Boxing'.</i> Northern school of Shaolin boxing.
Nanquan 南拳	Nan Ch'uan	<i>'Southern Boxing'.</i> Southern school of Shaolin boxing.
Jiequandao 接拳道	Chieh Ch'uan Tao	<i>'Way of Intercepting Fist', 'Jeet Kune Do'</i> A Wushu style created by Bruce Lee.

Some names and terms relating to philosophy, classical literature and personages in Chinese Martial and Health Arts practice and history

Wuji 无极	Wu Chi	'No Extremes' (lit.). 1. Refers to a state of non-distinction before the manifestation of qualities or behaviours. The state prior to the differentiation of <i>Yin & Yang</i>
Yin Yang 阴阳	Yin Yang	The two opposite but complementary elements in the Taiji philosophy. Thought to born of <i>Wuji</i> . Often related to paired characteristics. eg. Dark/Light, soft/hard, low/high, feminine/masculine.
Taiji 太极	T'ai Chi	'Great Extremes' (lit.). 1. Refers to <i>Yin & Yang</i> , the 'great extremes' which support the material universe. Taiji in this sense is a conceptual model. 2. Abbreviated form of 'Taijiquan', the internal martial/health art.
Taiji Tu 太极图	T'ai Chi T'u	Taiji 'picture'. Proper name for the famous ' <i>Yin-Yang</i> ' 'fishes' diagram.
Dao 道	Tao	(lit. 'Way') The prime operative principle in the universe understood through a merging of self with Dao's expression.
Daodejing 道德经	Tao Te Ching	<i>Classic of 'Way and it's Virtue'</i> . Classic of 81 verses explaining <i>Dao</i> . Ascribed to Laozi.
Damo	Tamo	<i>Bodhidharma</i> . In legend, an early monk who brought Buddhism and creator of Shaolin Martial Arts.
Yijing (Zhouyi) 易经	I Ching (Chou I)	<i>Classic of Change</i> . Classical text often ascribed to the Zhou dynasty which posits an understanding of the Dao through the transformations of 64 'Kua', symbols known as 'hexagrams'.
Laozi	Lao Tsu, Lao Tse	Author of the Daodejing
Zhang Sanfeng	Chang San Feng	In legend the creator of Taijiquan. Historically a Daoist monk living on Wudang mountain and probable originator of the 'Spontaneous School' of Daoism.

Some famous places associated with Chinese Martial Arts

Zhongguo 中国	Chung Kuo	<i>China</i> (lit. 'Centre Kingdom')
Wudangshan 武当山	Wu Tang Shan	<i>Wudang Mountain</i> . The home of Zhang Sanfeng reputed creator of Taijiquan.
Shaolin 少林	Shao Lin	<i>Shaolin Temple</i> . (lit. 'Little Forest')
Emei Shan 峨嵋山	E Mei Shan	<i>Emei Mountain</i> . In Sichuan Province. A melting pot of Shaolin, Wudang and Tibetan systems of martial and metaphysical arts. (aka. 'Ormei' Shan)

Some Terms Related to Body Energetics in Wushu and Qigong

Qigong 气功	Ch'i Kung	'Vital energy' training. May be practiced with or without association to internal or external schools of Wushu. Often practiced to improve personal health, cultivate healing powers augment martial arts training or assist in reaching spiritual enlightenment.
Neigong 内功	Nei Kung	'Internal training'. Includes all manner of internal training including qigong and martial arts practices, use of herbs and transformative substances, massage and meditation.
Dantian 丹田	Tan T'ien	Physical and energetic centre(s) of the body. (lit. 'Elixir Field'). Said to be the origin place of <i>qi</i> . The three Dantians are, lower, middle and upper Dantians. Lower Dantian corresponds to body's 'centre of gravity'.
Mingmen 命门	Ming Men	'Life Gate' (lit.) point. A major energetic gate located in the small of the back between the kidneys. Control of the Mingmen is a major factor in mastering many internal arts practices.
Laogong 劳宫	Lao Kung	'Labour Palace' (lit.) point. The eighth point of the pericardium meridian. The still centre of the palm of the moving hand. Utilized frequently in directing <i>qi</i> in internal arts practices.

Yongquan 涌泉	Yung Ch'uan	'Bubbling Well' (lit. 'Gushing' Well) point. The first point of the kidney meridian, found at the centre of the sole of the moving foot. Energetically comparable and often paired with <i>Laogong</i> .
Huiyin 会阴	Hui Yin	'Gathering Yin' (lit.) point. Connecting point between the <i>Ren, Du & Chong</i> Meridians. Located in the perineum region. A major control point for guiding <i>qi</i> . Often used in coordination with breath rhythms.
Baihui 百会	Pai Hui	'100 Gathering' (lit.) point. The gathering of the <i>Yang</i> energies in the body. Located near the top of the head, usually in the 'hair whorl'. Energetically comparable and often paired with <i>Baihui</i> .