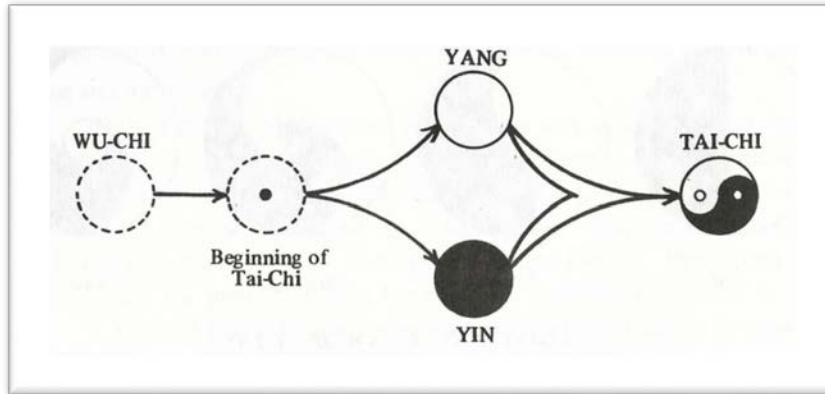


**INTERNAL and EXTERNAL Martial Arts: Exploring Opposites © Shifu Koré Grate**

Like the Yin/Yang symbol; internal martial arts and external martial are not in opposition as they are part of the same circle. Using forms from your styles, we will explore what happens when the “Hard Styles soften and slow down” and the “Soft Styles firmly speed up”, and see how closely they resemble each other!



Diagrams from *The Tao of Tai-Chi Chuan: Way to Rejuvenation* by Tsung Hwa Jou

In studying Yin & Yang or opposites, we can see how they originate from the same source split, and when practiced in a balanced method, become one again.

Much like breathing in and out= oxygen and CO2=Life

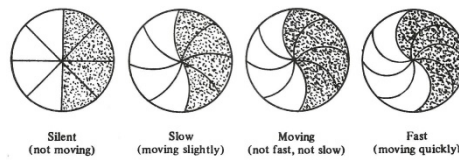
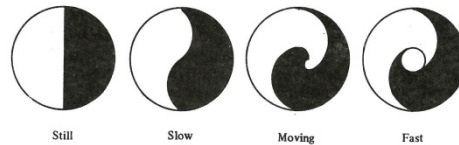
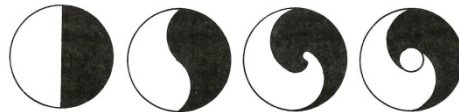


Figure 2-1b

CLOCKWISE (YIN)



COUNTERCLOCKWISE (YANG)



Yin & Yang are not FIXED, they are always moving, always striving to work together in balance. When there is more Yin=weak Yang, when there is more Yang=weak Yin.

Normal is when they are balanced, working together: the Yin-Yang Symbol is perfect balance.

