

# TAI CHI CHUAN

18 methods of the mind

太極拳



By Douwe Geluk

FREE QI QONG

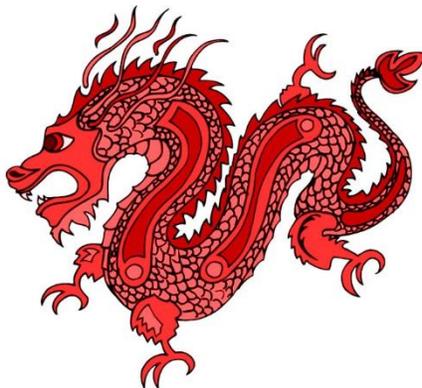
# Tai Chi Chuan

- The 18 Methods of the Mind -



# Index

Preface	page 3
Ways of the Mind 1 – 9	page 4 – 12
Ways of the Mind 10 – 18	page 14 – 22
Wise Path Qi Qong instructional Charts	page 24 – 27
Epiloque	page 27



# Preface

I wrote this book with quotes, sayings and pictures for motivational purposes. This for everybody who studies or has studied Tai Chi Chuan, Qi Qong or other Chinese Martial Arts like Kungfu.

The 18 methods of the mind are divided in two sections of nine. As you might know 9 is the highest number you can write down. You see a 10 is a one and a zero and so on. The 9 is the highest number in that sense, and that is why we have two sets of 9 ways of the mind in this book.

Enjoy reading!

- Douwe Geluk



**Contact:** +316 - 51820257

**E-mail:** fuyuan.apeldoorn@gmail.com

**Like my page on facebook:** <http://www.facebook.com/bronvangeluk>

**TAI CHI APELDOORN – FU YUAN – BRON VAN GELUK - NEDERLAND**



**I - Tai Chi Chuan and Qi Qong are cultivating Mind, Body and Spirit... it connects them in a healthy way -**



**2 - When Tai Chi and Qi Qong are practised from your Soul, then you become one with the arts, becoming the arts is essential -**



3 - Tai Chi Chuan must come from the heart, and the effects must eventually be felt in your heart -



**4 - In Tai Chi we must try to move like water, only then we achieve flow in motion during the forms -**



**5 - Being honest and being good for others is important in Chinese martial arts, with that it contributes and really means something -**



**6 - In Tai Chi and Qi Qong... my opinion is: move with the whole body always and start from the feet -**



**7 - Tai Chi Chuan learns us to be balanced, sometimes out of balance is in balance for a certain moment... So what is balance? -**



**8 - When teaching Tai Chi Chuan and Qi Qong, teach by example, stay humble & give people real knowledge -**



9 - Training with different weapons is very good, also for your unarmed skills... working with weapons learns you about timing and distance -

# Tai Chi Chuan

- The 18 methods of the mind -

Ways of the Mind: 10 - 18





**10 - In Tai Chi Chuan we work with external facts like the body and our forms, this to become internally developed..., so develop both -**



**II - Understanding the moves in Tai Chi and Qi Qong is a great way to progress more in the arts -**



**12 - Tai Chi is a martial art and it is good to practise the selfdefense with resistance, many schools just do form and miss many aspects of the art -**



**13 - Qi Qong or Chi Kung is more health related then martial arts related, many people practise it -**



**14 - Practising Tui Shou, Pushing Hands is also very good to get a better balance in Tai Chi Chuan -**



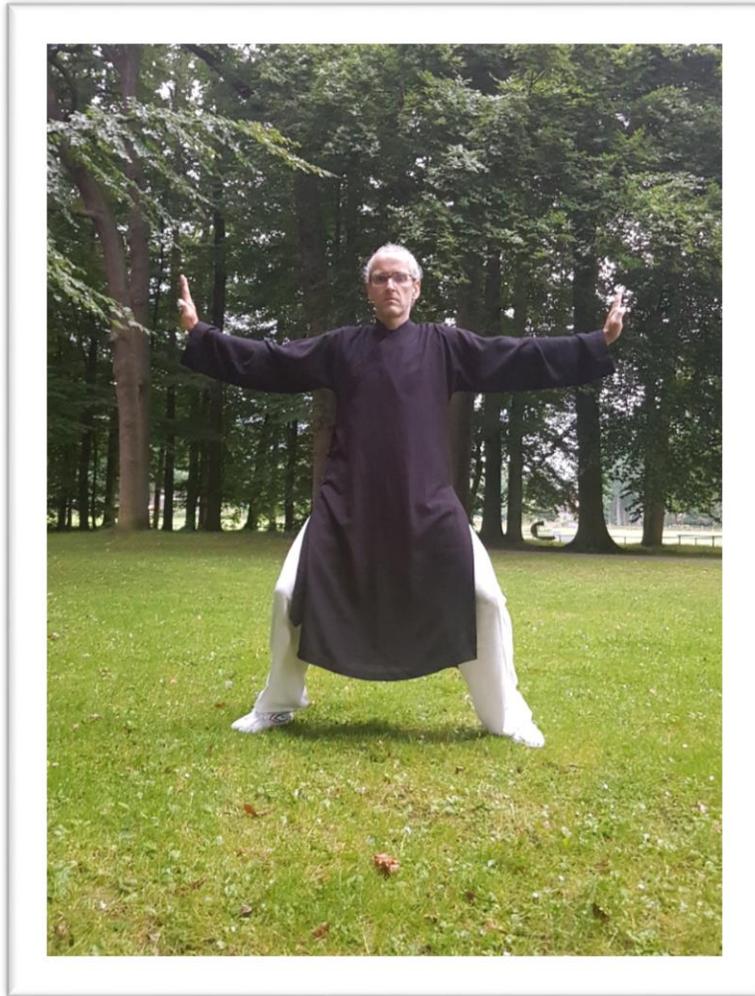
**15 - Let Tai Chi Chuan and Qi Qong be  
a Source of Happiness for you -**



**16 - Never give up, when you get demotivated for Tai Chi & Qi Qong talk with the teacher -**



**17 - Practise Tai Chi regularly outdoors, we got Tai Chi and Qi Qong from nature, by practising outdoors we give it back to nature -**



**18 - Try several styles and systems  
and learn from many different  
traditions, that is the way to keep an  
open mind -**

**Warning:** always consult a physician before engaging in any practise of martial arts, Tai Chi Chuan and Qi Qong. The author is in no way responsible for any accidents when practising these exercises!

## Wise Path Chi Kung – Qi Qong

### *The three Treasures, Tutorial charts*

1. Play with the Ball
2. Open the Heaven
3. Swimming Turtle



# Wise Path Qi Qong by Douwe Geluk

---

福源

---



福源

---

INSTRUCTIONAL CHARTS OF THE THREE TREASURES

---

# 福源 "Play with the Ball"



Douwe Geluk



**1.** Step out bring hands up and down, think about good breathing



**2.** Bring hands up and double push forward, bring arms up and circle to the outside, turn fingers forward



**3.** Bring hands inward to hips, bring hands up and down

# 福源

## "Open the Heaven"



Douwe Geluk



**1.** Step out, bring hands up and down, then point fingertips to the ground



**2.** Bring hands up, arms to the outside bend to backside, then hands near body when bending forward put arms up



**3.** Bring hands forward and up, bring them above the head like a Qi shower, then bring them down

# 福源 The Swimming Turtle



Douwe Geluk



**1** Start with hands behind your back bring them forward, circle them bring palms together



**2** Stretch arms, circle again and bring hands behind your back, stretch arms palms up, circle arms up and inward



**3** Hands near each other, then bring arms wide to outside and bring hands behind your back again!

# Epilogue

I would like to thank everybody who made this book possible. A special thanx to my Tai Chi Chuan students, my teachers and the whole Tai Chi Chuan and Qi Qong community for just being there.



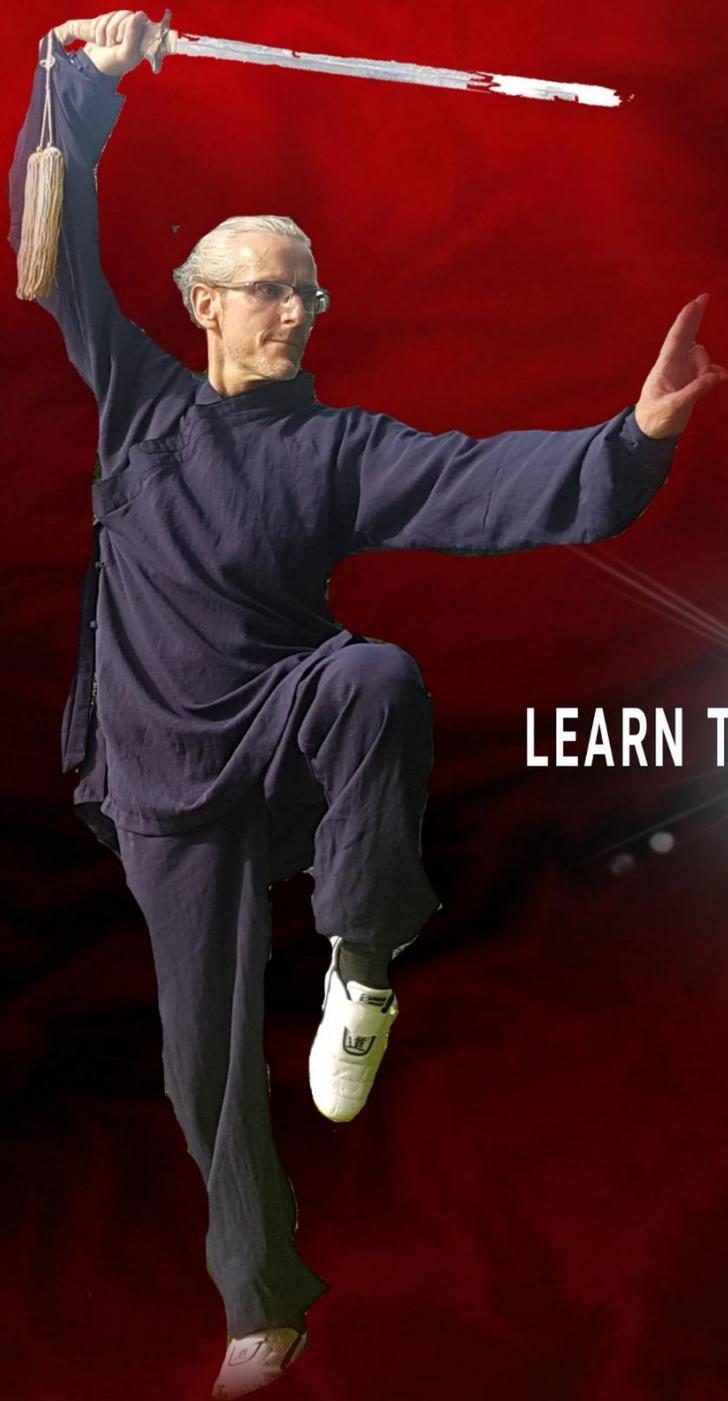
**Want to talk with me?** Just contact me:

**Contact:** +316 - 51820257

**E-mail:** fuyuan.apeldoorn@gmail.com

Like my page on facebook: <http://www.facebook.com/bronvangeluk>

- 18 WAYS OF THE MIND IS A BOOK WITH QUOTES AND SAYINGS BY TAI CHI & QI QONG TEACHER DOUWE GELUK FROM THE NETHERLANDS -



太極拳

LEARN THE 18 WAYS OF THE MIND !



- FREE: WISE PATH QI QONG INSTRUCTIONAL CHARTS -