

Taiji Mechanics

I have a theory about taiji mechanics.

By taiji mechanics

I mean the body mechanics of taiji,

so to say,

how one is meant to be moving.

The body is a complex water bag:

a bag of mostly water.

The water is separated by elastic walls

mostly elastic walls at least.

Taiji movement is produced by

moving water *pressure*,

by squeezing it from limb to limb.

The body then becomes a hydraulic system.

Albeit a very atypical one

from the viewpoint of a mechanical engineer.

The movement is quite paradoxical:

often one squeezes pressure opposite

the intended motion,

using hydraulica pressure

as a kind of physiological reaction mass:

water pressure goes one direction,

body moves opposite.

That is the basic idea,

simple yet paradoxical

in how non-obvious it is.

Taiji Mind

I have yet another theory,
one which builds upon my earlier theory.

We begin by considering the taiji mechanics
in the sense of body hydraulics,
and the task faced by the brain.

The brain must coordinate the motor nerves,
so that the body is moved correctly.

It must do this whilst
the world beyond the body
disturbs the body
physically.

In counteracting these many disturbances,
via the brain,
the mind can become aware,
if the nature of those physical disturbances.

In this way, the body becomes receptive,
as an antenna is to radio waves;
the brain in turn becomes a transceiver,
and a generator of probing test signals.

The brain emits;
the body broadcasts;
the sensory nervous system receives;
the brain processes;
mind becomes aware.

Mind then reacts
according to intention;
brain receives intention,
and directs the body accordingly.

This, I believe,
is common to both taiji and yoga.

This is my theory of taiji mind.