

## 5 CLOSE QUARTER STRATEGIES

also known as 5 Principles of Pushing Hands; Strategy of the 5 Step Path;  
Essential Meaning of the 5 Elements, etc.

### **NIAN**

literally: sticky, gluey  
Taiji meaning: adherence, sticking

### **LIAN**

literally: link, join, connect  
Taiji meaning: connected, continuous,  
to attach continuously without pause

### **MIAN**

literally: cotton  
Taiji meaning: softness (i.e. those who are soft have better listening & reaction abilities)

### **SUI**

literally: to follow or allow  
Taiji meaning: to follow or yield in any direction

### **BU DIU DING**

literally: not lose (or) oppose  
Taiji meaning: do not lose contact or oppose opponent's force with brute force

#### **Notes:**

Different books will sometimes express the 5 principles differently, for example:  
Adherence, Spontaneity, Softness, Yielding, Rejection of Brute Force  
**or** Listening, Leading by Walking Away, Sticking, Neutralising, Attacking  
**or** Adhere, Join, Stick, Follow, Do Not Let Go and Do Not Resist

#### References:

- 1) The Complete Tai Chi Chuan by Dan Docherty ISBN 1-86126-033-4
- 2) Chinese dictionaries
- 3) Song of Pushing Hands from the Taiji Classics
- 4) Miscellaneous books