

# The Five Elements and Eight Energies

The following information is provided to Nam Hoa students to apply to their meditations of the Individual forms of the Nam Hoa System. Further information is available from your instructor.



## The Five Elements

FORM	ELEMENT	ORGAN	COLOR	TRANSFORMATION OF ENERGY
Longevity Tree	Wood	Liver	Green	Anger to Love & Compassion
Yang	Water	Kidney	Black/Dark Blue	Fear to Wisdom
Tiger	Earth	Spleen	Yellow	Disharmony & Imbalance to Harmony and Balance
Dragon	Air/Metal	Lungs	White	Sadness & Depression to Acceptance & Gratitude
Original Tai Chi Chuan	Water	Kidney	Black/Dark Blue	Fear to Wisdom
Yin/Yang	Fire	Heart	Red	Greed & Excessiveness to Generosity & Restraint

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[www.namhoa-internal-arts.com](http://www.namhoa-internal-arts.com)

[www.bloominglotustaichi.com/studenthandouts](http://www.bloominglotustaichi.com/studenthandouts)

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Student Handout/Eight Energies and Five Elements/Pinyin

## THE THIRTEEN GOLDEN MOVEMENTS

GATE/TECHNIQUE	Direction	Structure	Body	Motivation	Image	Essence	Name/ I Ching	TRIGRAM- I CHING
<b>The 8 Energies</b>								
1. Ward off-Peng	Southeast	Sense	Head, Arms	Soft/ Penetrating	Grass/ Wind	Yin sensing	Heaven, Sky, Chien	
2. Roll Back-Lu	Northeast	Think	Dan Tian, Sex, Hips, Legs	Attaching	Wood/ fire	Yin thinking	Earth, Kun	
3. Press-Ji	South	Feel	Kidneys	Serene	Lake	Yin feeling	Water, Kan	
4. Push-An	North	Will	Heart, Blood	Receptive	Earth/ Cave	Yin willing	Fire, Li	
5. Pull Down-Cai	Northwest	Body	Spleen, Gallbladder	Keeping Still	Mountain	Yang feeling	Wind, Sun	
6. Split-Lie	West	Soul	Liver, Pancreas	Danger	Abyss/ River	Yang thinking	Thunder, Chen	
7. Elbow-Zhou	East	Spirit	Lungs, Blood	Exciting	Thunder/ Lightening	Yang sensing	Lake, Tui	
8. Shoulder-Kao	Southwest	Awareness	Stomach, Intestine	Creative	Heaven	Yang willing	Mountain, Ken	
<b>The 5 Elements</b>								
9. Advancing Step- Jin			Metal					
10. Retreating Step-Tui			Wood					
11. Stepping to Left-Gu			Water					
12. Stepping to Right- Pan			Fire					
13. Staying Centered- Ding			Earth					