

# The Historical Origin of the Chinese Taoist and Tai Chi

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**Abstract.** Chinese martial arts and Taoism has a long historical origin, this article reveals that the formation of tai chi means traditional Chinese Taoist culture having a clear external expression form, at the same time having bidirectional authentication method (inward regimen validated and outward fighting verified). When Chinese Taoists to Zhang Sanfeng, Inner life cultivation and life formed holographic deduction in the universe had been completed. Marking the Taoist introverted experience practicing was already clear and maturation. But the Taoist within the practice also needs external practicing avenue and intuitive form. Finally in the right historical period, Taoism and the martial art met.

**Keywords:** Taoism, Chinese Martial Art, Tai Chi, Life Cultivation, Zhang San-feng.

## 1. Introduction

Yang style, etc. every style tai chi respects Zhang San feng for the founder. Either from tai chi name or from the statue of the founder, Taoist and tai chi both have a deeply historical origin, and means that The two value orientations are convergence.

In modern times, many tai chi practitioners, tai chi has become one of the world's most widespread categories of traditional Chinese culture. People can generally feel the the Taoist culture behind it, but the Taoist culture system is still to make people feel mysterious. What the intrinsic link is between the two? Whether can have a glimpse of the true face of the Taoist culture through tai chi?

This article reveals that the formation of tai chi means traditional Chinese Taoist culture having a clear external expression form, at the same time having bidirectional authentication method (inward regimen validated and outward fighting verified). Therefore, the formation of tai chi is not only high achievement of Chinese martial art , but also the beginning of the popularity of the Chinese Taoist culture. The tai chi brings many recipients for the spread of Chinese Taoist culture, many lower stratum recipients having a taste of ancient Chinese Taoist culture in this way.

## 2. Origin of Taoist "Seclusion"

Witches and historiographers were out of favor in the late of Chinese Shang Dynasty, and were diaspora in society. It was a precursor of Taoism and operation will crack in the world. Tracing the origin, the original Taoist and initial Confucians both evolved from scattered declining Witches and historiographers<sup>[1]</sup>. The Chinese culture developed to the Warring States period, development of the productivity greatly promoted the the dramatic changes in society. the change of culture-dependent survival, made the Witches and historiographers before the Chinese Zhou Dynasty evolve into the " hundreds Schools"of later. Cultural resources concentrated in a small number of rulers and the dependence of the rulers began to flow into the " nations "and folk.

All countries were to compete for hegemony in Spring and Autumn and the Warring States period, so, descendants of " Witches and historiographers " began to differentiate, so knowledge systems began to differentiate, "a hundred schools of thought contend" the situation appeared. The Confucian tried to seek for the new ruler of the ruling order with emperors teacher posture. Taoists saw the decline of the Zhou dynasty, attached to the survival foundation of the old rulers had been shaken, unwilling to be used by vassals, lived in Seclusion by the " Superior intellectuals".

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《Records of the Historian volumes 63 • Lao Zi and Zhuang Zi Shen Han Biographies》 recorded " Lao Zi, Born in Ku Li township in Chu County (in Henan east of Luyi). Surname Lee, named ear, words Bo Yang, posthumous title Dan; historiographer to hide history. "" Lao Zi, Hermit. "

But Lao Zi as a representative of the Taoist mastered the significant the Chinese culture resources. come down " book of changes " in one continuous line. You can also say that Taoism with its unique self-cultivation philosophy integrated in later years more and more knowledge. Taoist " Seclusion " is not " Leaving", and became a potential knowledge base and a strong implicit strength mobilized.

Chinese Taoism had been there as a potential scholars, Lao Zi That was, the national intellectuals of the Zhou dynasty. Taoism inherited natural philosophy of Chinese Academic. advocated monasticism after the Zhou dynasty, which made the knowledge and the technology repressed by feudal autocratic could be lucky to be saved. The ancient Chinese mostly natural scientific knowledge, medical knowledge was able to survive in Daozang, such as Mohist School annihilated was contained by Taoism <sup>[2]</sup>.

### **3. The Modern Plight of Taoist Culture**

Because Taoist predecessor was dependence of the rulers before the Zhou dynasty, The transition formation of the Taoist culture itself is not complete from "God oriented" to " People oriented". It is from the perspective of the rulers to illustrate the problem.

Chinese Taoist culture can not spread to the public and service for the people at large, can not be transformed into a readable culture of public. So, The Taoist culture has the mystique of "Heaven" in the Zhou Dynasty and even the Spring and Autumn Period. It is unclear, because throughout the feudal era. Scholars because of political despotism and productivity limitations, can not or will not attempt to become a mass-readable, acceptable, understandable culture.

Chinese traditional culture collided the influx of Western cultureIn modern times. Greek civilization threw Middle East theology aside since the modern Western Renaissance. showed duality of barbaric expansion and rational analysis of this civilization in the the most primitive. It met traditional Chinese civilization, and showed both brutal and progress Characteristics of civilization, thus forced the Chinese culture to have to correspondingly dialogue. This brought the globalization of the economy and the large machines. The cultural change is an important part of the overall social change. After the Opium War, along with the Chinese social, political, economic upheaval, Chinese culture also began the transition from the traditional to the modern accompanied the collision and fusion with Western culture, and entered a sharp and difficult change process <sup>[3]</sup>. Forced the Chinese to begin to transform their own way of life, with the transformation of the way of life, with the corresponding, traditional culture must also be transformed.

However, in modern times, due to historical reasons, the Chinese Taoist culture in the face of the era sudden turn, did not do a good job of steering prepared. First Taoist research line is based on the study of practices of life inward-looking, reflected their philosophy. inward-looking, quite different from the outgoing Western experimental study. the two have the barriers to communication. Secondly, the predecessor of the Taoist is the "dictionary" of ruler, so research ideas and practical route, not set up for the majority of the people from the outset. combined with long-term shackles, so there are popular obstacles. Third, the predecessor of the Taoist is "witch and historiographer ", so its entire symbol system needs to be converted. it have also the barriers of expression. These all become the obstacle to the modernization of Chinese traditional culture.

### **4. Taijiquan as the Representative of the Chinese Martial Art Opens the Door of the Taoist**

Science and technology can not be smooth development in Chinese feudal society. The ancient Chinese was leader of science and technology in the world, in modern times, and did not embark on the Western "renaissance" of the road. science and technology just quietly hidden set in Taoism or saved folk or slow developed. The reclusive Taoist was unwilling to service for rulers, devoted themselves to the pursuit of life. To integrate knowledge marching toward the exploration of life in the universe, which is the road of the classical life sciences in China, is an ancient unique way of extending.

Buddhism integration laid the psychological foundation for Taoist, And the "Yellow Emperor's internal " integrated into the Taoist laid a physiological basis. this pursuit of life liberty formed the dual cultivation lives and spiritual development in the Taoism

Chinese Taoist this line of research, is to mobilize his own life by the way of the human body perception. shipped the essence of life, achieved great freedom. Later Taoist summarize this route: "practicing essence to return gas, practicing gas to return spirit, practicing spirit to return virtual, training virtual Accord Tao", which It describes the human body internal validation of Chinese philosophy of " Tao" reverse generation process. this practice is a reflection of human philosophy <sup>[4]</sup> can be applied to a multi-discipline, embodied in the various disciplines.

Between the Chinese Song Dynasty and Ming Dynasty, with the arrival of the era of hot weapons China's martial art grown on the battlefield for a long time, faced of unprecedented challenges. Chinese martial art of Thousands of years had a high degree of maturity, but it could not live up to their usual mainstream values in the military arena, and had to gradually withdraw.

The late Ming and early Qing dynasty, the Ming generals to master the martial art resources do not want to serve the Qing government. In the military hot weapons got increasingly on the stage of history. They retired to start deepening the martial art and accomplishing life. Advanced martial art in the historical process of the transformation, Its main functional value was increasingly stripped. Also increasingly entering civil, It was gradually sheltered by Taoists, and deeply integrated the profound Taoist Life Sciences. So since the Ming and Qing dynasties, a new life - martial art science quietly have bred, (from the Internal Martial appeared to tai chi formed). Here, the reason for using the term "martial art science " is that martial art finally integrated China's ancient philosophy and science. This fusion of the intrinsic mechanism is Taoist classical life science.

Taoist theory completely combined with " the martial art ", With Zhang Sanfeng theory emerged as the representative of Taoist theory, Taoist theory to practice in the life have been maturity with a clear system of real practical foundation. So, tai chi respecting Zhang Sanfeng as Patriarch is not an exaggeration. When Chinese Taoists to Zhang Sanfeng, Inner life cultivation and life formed holographic deduction in the universe had been completed. marking the Taoist introverted experience practicing was already clear and maturation. But the Taoist within the practice also need external practicing avenue and intuitive form. Finally in the right historical period, Taoism and the martial art met.

This course was about until the emergence of tai chi. from the Internal Martial appeared, as the flag martial art science system eventually have matured. China's art of attack, such as the tai chi was no longer merely in the killing of the enemy's level, but jumped to the level of life force humanely sublimation. The martial art science has a complete evolutionary sequence by Technology advanced into "Tao". Making reality, really fighting link to the ideal of human life free , and Making Chinese philosophy reality, clarity, and intuitive. and Making Chinese martial art become life science exploration. The 18th century Began to shown signs of martial art science system. Qing Dynasty, Sun Lutang proposed to unify the martial art and self-cultivation. Martial art science system established by Sun Lutang was summary and sublimation of predecessors, become an important validation of the Eastern philosophy system.

Tai Chi, Xingyiquan, baguazhang as the representative of the Internal Martial Arts, internal strength repair invariably comply"practicing essence to return gas, practicing gas to return spirit, practicing spirit to return virtual,training virtual Accord Tao" route. Tai Chi is the embodiment of the representative route.

## 5. Epilogue

Chinese martial art science make unique China Taoist cultivation academic tradition step out of the palace; out of the temple; out of the mountains; toward civil. Became the people to achieve the ideal and the pursuit of an independent personality, self-perfection real learning. Martial cultivation methods and embodies is the West not having and confusing, however, it is the most valuable piece of the civilization heritage path. The root of Martial art science, and the roots of variety of other disciplines are one, they all follow the fundamental laws of the universe <sup>[5]</sup>.

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