



## Jesse Tsao's Eight Energy Skills

- 1. Peng** - ward off, expand, brace, curved barrier, listening, buffer zone.
- 2. Ji** - press, squeeze, extend, concentrated force, wedge, corkscrew
- 3. Liu** - roll back, waist turning, deflect, redirect, neutralize, avert, fend off
- 4. An** - push, seal, control, cover, drive away, constrain with pressure, touch with sinking (down = control)
- 5. Cai** – pluck, pull down, needle at the bottom of the sea. It should be quick and uprooting.
- 6. Lieh** – Split, take an incoming force and split it into two directions.
- 7. Zhou** – Elbow strike. The elbow makes the point of contact, but the whole body turns.
- 8. Khou** – Bump, body check. Most folks think of shoulder strike, but it can be any part of the body.