

**Wuji Taiji Yin Yang Wan Wu**  
From the void (wuji), comes the supreme (taiji).  
From the supreme, duality (yin yang). From duality,  
the ten thousand things (wan wu).

**Tien Ren Huh Yi**  
Heaven (tien) and man (ren) are the same.

**Su Hai Ee Ja**  
Four seas, one family. (All men are brothers)

**Bagua Bamen, Wu Sing Wu Bu**  
Eight Trigrams Eight Gates, Five Elements Five Steps

**Sho Uh Bagua, Jao Ta Wu Sing**  
The hands move through the eight trigrams,  
the feet walk the five elements

**Jo Tsun Wa Da Su Yao Dien**  
Jou Tsung-Hwa's Four Essentials

**Yao Yo Tsu Jer**  
Know yourself

**Jin li er way**  
Do your best

**Guo yo bu ji**  
Don't over do it.

**Er jin tsun gong**  
Make a little progress every day.

**Wújí, tàijí, yīn yáng, wàn wù.**  
無極，太極，陰陽，萬物

**Tiān rén hé yī.**  
天人合一

**sì hǎi yī jiā**  
四海一家

**Bāguà bāmén, wǔxíng wǔbù**  
八卦八門五行五步

**Shǒu è bāguà, jiǎo tà wǔxíng.**  
手扼八卦，腳踏五行

**Zhōu Zōnghuá de sì yào diǎn**  
周宗樞的四要點

**Yào yǒu zì zhī.**  
要有自知

**Jìn lì ér wéi.**  
盡力而為

**Guò yóu bù jí.**  
過猶不及

**Rì jìn cùn gōng.**  
日進寸功

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