

Movement 12 - Parting Wild Horse's Mane



"The horse is still a symbol of speed, perseverance, imagination, and youthful energy. A horse at the peak of its physical and intellectual development is described as a 'thousand-league colt'. It corresponds to the element 'fire' and to the Sun. It is one of the seven treasures of Buddhism and comes seventh in the Twelve Earthly Branches. It is one of the twelve symbols of the Chinese Zodiac."

wikipedia

Transitioning From Movement 11 - White Crane Spreads Its Wings

- Begin in the ending of the previous movement. Move your right foot back to the side of your left foot.
- As you move your feet together, straighten your stance and turn your body to face forward.

Part 1 - Beginning

- After straightening your body, move your hands as if spinning a ball.
- Twist your body to the right with spiraling force.
- Move your right hand in front of your right shoulder with your palm facing forward, using a spinning motion. The back of this hand should be about two-and-a-half fists away from your shoulder.
- Move your left hand in front of your right hand. Your middle finger should rest against the Dà Ling Acupoint (大陵 - Pericardium - Great Mound - in the center of your medial wrist crease).
- This is called "Embracing the Ball at the Right Shoulder Level."



Part 1 - Stepping Out Into Horse Stance

- Twist your body slightly to the right, leading with your right elbow. Shift your weight to your right foot.
- Lift your left leg and pause. Hold this one-legged stance for several seconds (Golden Rooster Stands on One Leg).
- Press your right elbow toward your left shoulder.
- Step sideways to the left into a Horse Stance.

Part 1 - Horse Stance 1

- While in a horse stance, continue to use both hands to hold the ball.
- As you settle into the Horse Stance, keep both hands directly in front of you. Your arms form a circle while you hold the ball in front. Your body should face forward.



Part 1 - Horse Stance 2

- While still in the Horse Stance, move your right hand down and to the right with your palm facing your kneecap. Your arm should be bent like a bow. Press your arm and hand downward.
- Lift your left hand up and out to the left with your palm facing inward. Your hand should finish at head height and your elbow should finish at shoulder height.

- Your hands should apply force in opposite directions.
- Direct your eyes are directed right, forward, and down.



Part 1 - Horse Stance 3

- Bring your hands back to hold the ball in front. Your hands are in opposite positions.

Part 1 - Horse Stance 4

- Move you left hand down and to the left with your palm facing your kneecap. Your arm should be bent like a bow. Press your arm and hand downward.
- Lift your right hand up and out to the right with your palm facing inward. Your hand should finish at head height and your elbow should finish at shoulder height.
- Your hands should apply force in opposite directions.
- Direct your eyes left, forward, and down.
- Repeat steps 1 through 4 several times before moving onto part 2.

Transitioning To Part 2

- Start by swiveling the toes of your left foot outward and shift your weight to your left foot (Bow and Arrow Stance).
- Extend your right hand upward to meet your left hand. Your hands should be at head height and shaped as if holding a ball.
- Relax your waist and draw in your belly.
- Your arms and elbows should apply pressure forward.
- This is "Holding the Ball in Bow Stance."

Part 2

Beginning

- Rotate your left foot forward, and shift your weight to your left foot. Draw your right foot to the instep of your left foot.
- Turn your torso slightly to the right forming the "Embracing the Ball at the Left Shoulder" posture.
- Your right hand should be in front and your head should be turned slightly to the right.



Stepping Out Into Horse Stance

- Twist slightly to the right leading with your left elbow. Your weight should be on your left foot.
- Pick up your right leg and lower your body slightly. Form the "Golden Rooster Stands on One Leg" stance.



Horse Stance

- While in a Horse Stance, both hands should continue "holding the ball."

- As you settle into the Horse Stance, keep both hands directly in front of you. Your arms should form a circle while you hold the ball in front. Your body should face forward.
- **Repeat the sequence described in Part 1**



Transitioning to Movement 13 - Double Circles Wrap the Moon

- Rotate the toes of your right foot to the right. Shift your weight to your right foot.
- Bring your left hand up to the position of your right as if holding a ball.
- Relax your waist and draw in your belly.
- Apply pressure forward with your arms and elbows.
- This is "Holding the Ball in Bow Stance."



Additional Information To Enhance Practice:

Practicing this movement cultivates the following Taiji Energies:

- Lieh or Splitting - Lieh is an opening, splitting movement which separates incoming energy in two directions
- Peng or Ward Off - Peng Jing is outward expanding and moving energy.
- Lu or Draw In / Roll back - Lu Jing is receiving and collecting energy, or inward receiving energy.

This movement practices the following stance/direction of the 5 Movements:

- Jin - Advancing Steps
- Tui - Retreating Steps

This posture is based on, or grounded in, the following Xinqi patterns:

1. Breathe into your Middle Dantian.
2. Direct Qi from your Middle Dantian to your palms of the hands. Press upward and downward at the same time.