

## 11 - White Crane Spreads Wings

In Chinese culture, cranes are the quintessential symbol of longevity.

This movement opens the chest in order to improve vital capacity, tissue oxygenation, and cellular respiration.

### *Transitioning from movement 10*

- a. Draw your hands in toward your lower belly.
- b. As your hands move toward your lower belly, draw your right foot back to the side of your left foot. (M 11.1)
- c. Shift your weight to

your right foot and turn your body slightly to the left. As you do this your body will rise and sink.



M 11.1

### *Part 1*

- a. Move your left foot forward and to the left (a bow stance). (M 11.2)
- b. Align your buttocks with your right heel.
- c. Your wrists and palms should employ a downward bracing force. Your wrists should be about one fist's width from your lower abdomen.
- d. Continuing from the previous posture, move your right hand toward your lower abdomen with a downward chopping force. Curve your arm like a bow and face your palm toward your right hip.
- e. Move your left hand forward and to the left. Move your fingertips upward until they are just above the top of your head.

- f. Your left hand should finish above your left foot. Relax your shoulder and sink your elbow.
- g. Your hands should move in opposite directions, with a downward chopping force balanced by an upward lifting one.



M 11.2

## Part 2

- a. Move both hands back to your lower abdomen. (M 11.3)
- b. Your wrists should bow outward and exert a force against your upper back and back of your neck.
- c. While doing this, draw your left foot back to your right.
- d. Straighten your body slightly. Shift your weight to your left foot.
- e. Move your right foot forward and to the right (into a bow stance).
- f. Align your buttocks with your left heel.
- g. Your wrists and palms should employ a downward bracing



M 11.3

force. Your wrists should be about one fist's width from your lower abdomen.

- h. Continuing from the previous posture, move your left hand toward your lower abdomen with a downward chopping force (jin). Curve your arm like a bow and face your palm toward your left hip.
- i. Move your right hand forward and to the right, lifting your hand until your fingertips are just above the top of your head.
- j. Your right hand should finish above your right foot. Relax your shoulder and sink your elbow.
- k. Your hands move in opposite directions, with a downward chopping force balanced by an upward lifting one.
- l. Alternate practicing this move on the left and right sides as many times as desired.

### *Transitioning to movement 12 - Parting Wild Horse's Mane*

- a. To prepare for the next movement, draw both hands back until they are in front of your shoulders. (M 11.4)
- b. The space between your hands should be near the outside of your right shoulder.
- c. Relax your shoulders and lower your elbows. Your right arm should be bowed slightly outward.



M 11.4

### *Additional information to enhance practice:*

This posture uses the following qi guiding patterns:

1. Breathe into the middle dantian.
2. Direct qi from the middle dantian to the palms of your hands.