

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.

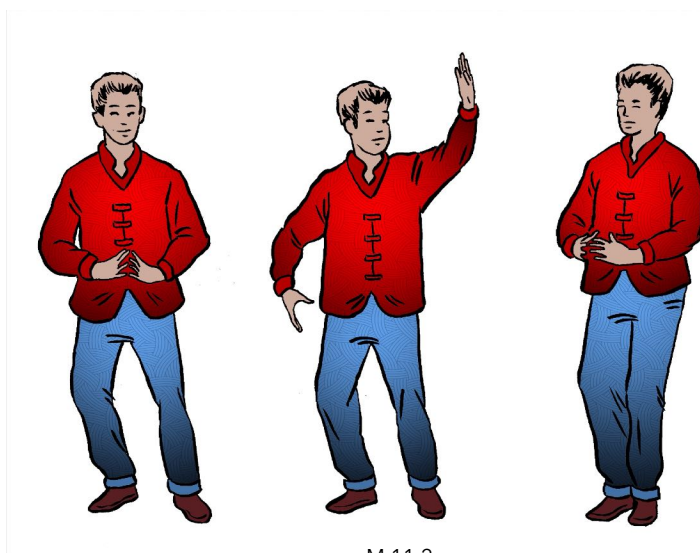


M 11.1

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.

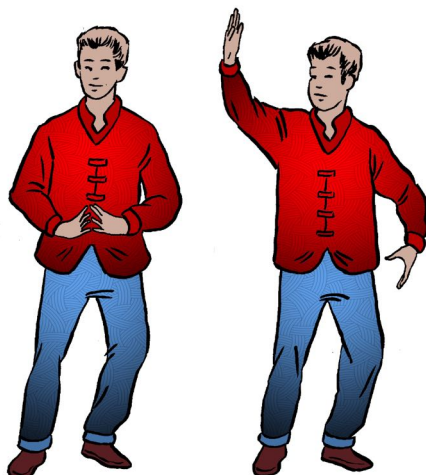
- f. Your left hand should finish above your left foot. Relax your shoulder and sink your elbow.
- g. Your hands should move in opposite directions, with a downward chopping force balanced by an upward lifting one.



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.