

12 - Parting Wild Horse's Mane



The horse is a symbol of perseverance and youthful energy.

Transitioning From Movement 11

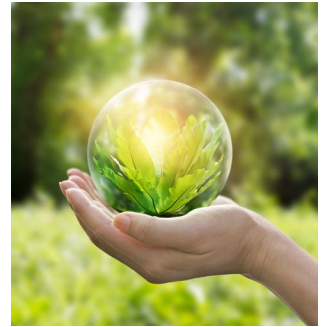
a. Continuing from White Crane Spreads Wings on the right side, move your right foot back to the side of your left foot.

b. As you bring your feet together, straighten your stance and turn your body to face forward.

Part 1

a. After straightening your body, move your hands as if spinning a ball clockwise (as viewed from above). (M 12.1)

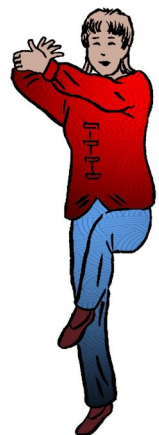
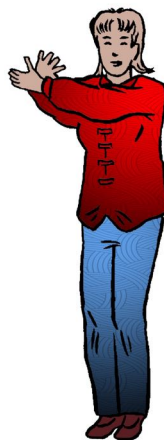
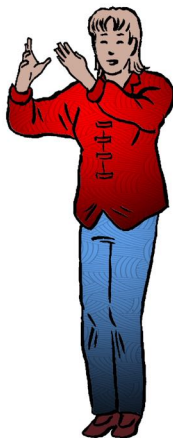
b. Twist your body to the right with spiraling force (jin).



c. Move your right hand in front of your right shoulder with your palm facing forward, using a counter-clockwise spinning motion.

The back of this hand should be about two-and-a-half fists away from your shoulder.

d. Move your left hand, rotating clockwise



M 12.1

from your perspective, in front of your right hand. Your middle finger should rest against the da ling acupoint (Pericardium 8 - Great Mound - in the center of your medial wrist crease).

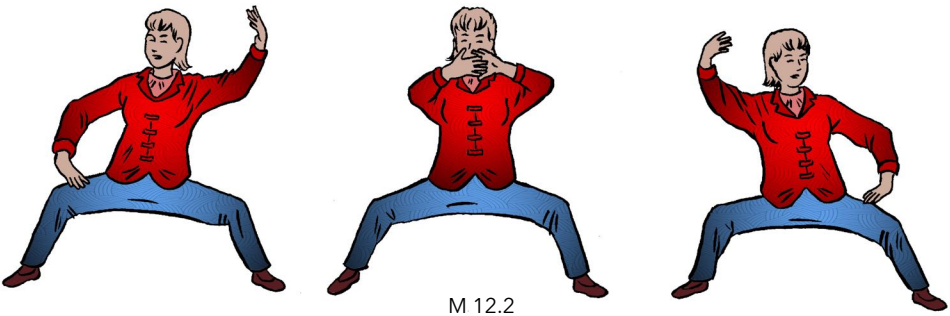
- e. This is called "Embracing the Ball at the Right Shoulder-Height."

Stepping out into horse stance

- a. Twist your body slightly to the right, leading with your right elbow. (M 12.1)
- b. Shift your weight to your right foot and lift your left leg. (Golden Rooster Stands on One Leg).
- c. Press your right elbow toward your left shoulder.
- d. Step sideways to the left into a Horse Stance.

Left side

- a. As you settle into the Horse Stance, move your right hand down and to the right with your palm facing down. Your arm should be bent like a bow. Slide your right palm out to press down above your right knee. (M 12.2 - M 12.3))



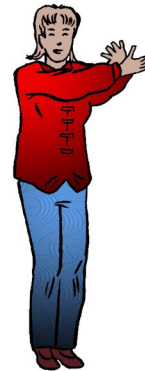
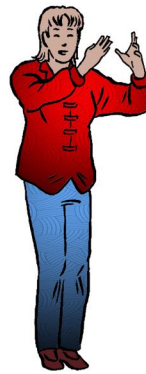
- b. As you do this, lift your left hand up and out to the left with your palm facing inward. Your hand should finish at head-height and your elbow should end up at shoulder-height.
- c. Your hands should apply force in opposite directions.
- d. Direct your eyes right, forward, and down.

Transition



M 12.3

- a. Swivel the toe of your left foot outward and shift your weight to your left foot (bow and arrow stance). (M 12.4)
- b. Extend your right hand upward to meet your left hand. Your hands should be at head height and shaped as if holding a ball.
- c. Relax your waist and draw in your belly.
- d. Your arms and elbows should apply pressure forward, as though stretching against rubber bands attached to your shoulders and back.
- e. This is "Holding the Ball in bow stance."



M 12.4

Part 2

- a. Rotate your left foot forward, and shift your weight to your left foot. Draw your right foot to the instep of your left foot.
- b. Turn your torso slightly to the right, rotating your hands as though spinning a ball as before, this time counter-clockwise, to form the "Embracing the Ball at the Left Shoulder" posture.
- c. Your right hand should be in front and your head should be turned slightly to the right.

Stepping out into horse stance

- a. Twist slightly to the right leading with your left elbow. Your weight should be on your left foot.
- b. As you twist, sink your body slightly and lift your right leg to form the “Golden Rooster Stands on One Leg” stance. (M 12.4)

Horse stance

- a. 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. (M 12.5)
- b. Repeat the sequence described in for the left side, with the directions reversed, sliding your left palms out to face your knee, and moving your right hand out, palm facing your face. Your gaze should be directed forward, to the left, and down.



M 12.5

Transitioning to movement 13

- a. Rotate the toe of your right foot to the right. Shift your weight to your right foot. (M 12.6)
- b. Bring your left hand up to the position of your right as if holding a ball.
- c. Relax your waist and draw in your belly.
- d. Apply pressure forward with your arms and elbows, as though stretching against rubber bands attached to your shoulders and back.
- e. This is “Holding the Ball in bow stance.”



M 12.6

Additional information to enhance practice:

This posture uses the following qi guiding patterns:

1. Breathe into your middle dantian.
2. Direct qi from your middle dantian to your palms of the hands.
3. Press up, down, left and right at the same time.



Let your qi flow like a wild horse