

## 13 - Double Circles Wrap the Moon

Here, again, the ball is the moon.

### *Transitioning from movement 12*



- a. Draw your left foot to the instep of your right and rotate both hands from your right shoulder to the front of your body. Maintain the position of holding the ball with your hands. (M 13.1)
- b. Your arms should be bent and braced slightly (pressing slightly outward/forward), with your thumbs at the top of your head.
- c. Your gaze should be level. Relax your waist and draw in your belly.

### *Beginning*

- a. Take a half step to the left so that your feet are shoulder-width apart.
- b. Roll your arms slightly outward, drawing your elbows back and rotating your palms to face forward. Your arms should form a circle around your head, with your thumbs directed toward the top of your head.

### *Continuing*

- a. Lower your hands by curving them to the sides at ear height.
- b. Form a curved shape with both arms. Use your power (jin) to relax and sink your shoulders and elbows.
- c. Extend your back forward slightly, bracing yourself with your buttocks behind you.



M 13.2



M 13.1

- d. Flex your knees.
- e. Your hands should press outward, as if there were a rubber band connecting them to your buttocks.

### *Continuing*

- a. Gently brace your buttocks and relax your waist. Bend your abdomen and chest forward.
- b. Both arms should form a curve as they descend with your palms facing downward.
- c. As you do this, raise your head slightly to continue directing your gaze forward.

### *Continuing*

- a. As you bend at your waist, draw your fingers toward your center line. As your hands near each other, fingers of each hand directed toward those of the other, your palms should face upwards.
- b. Your hands, arms, and chest should form a circle under your chest with your arms.
- c. The degree to which you bend at your waist should be determined by your physical health. Bend only as far as you are comfortably able. Give your body time to stretch and strengthen.

### *Completing*

- a. Maintain the shape of your arms and hands as you slowly straighten your posture to an upright position. Your arms and

hands should form a circle around your head, above your torso.  
(M 13.2)

- b. Relax your shoulders and sink your elbows.
- c. Keep your mind in your middle dantian.

*Additional information to enhance practice:*

This posture uses the following qi guiding patterns:

1. Breathe into the middle dantian
2. Alternate between directing qi from the middle dantian to the palms of your hands, and drawing qi back to the middle dantian.



Cultivating Stillness in Movement and Movement in Stillness. While practicing the movements let your spirit be still (like the moon in the night sky). While holding a still (unmoving) position, practice moving qi within your body.