

4 - Both Hands Press The Mountain

“Both Hands Press the Mountain” is a movement that expands qi outward (opening) and draws qi inward (gathering). During this movement, allow your breath (inhalation and exhalation), qi (vital energy) and shen (mind/heart/spirit) to become calm and steady.



This movement is excellent to prevent and remedy many types of chronic illness, as well as improve overall health. It is well suited for the middle-aged and elderly.

Transitioning from movement 3:

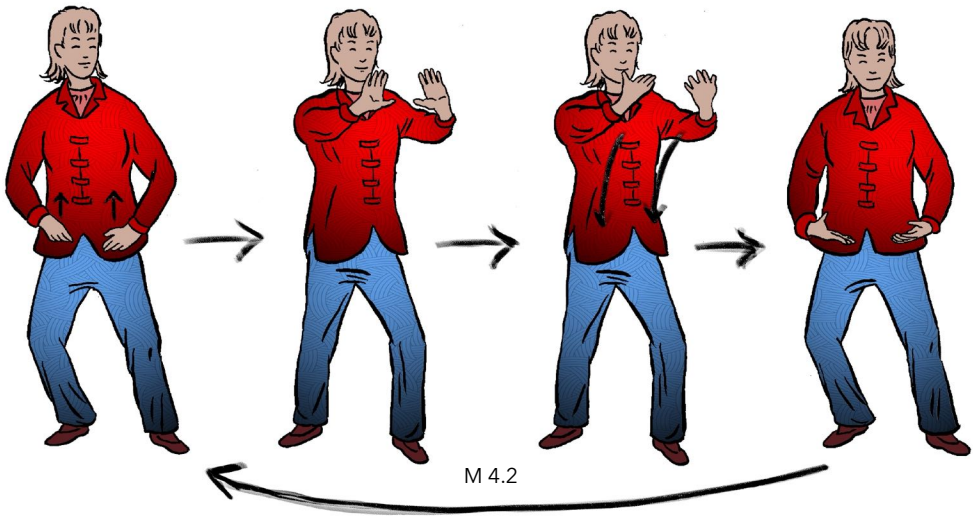
- a. Move your hands to the area in front of your umbilicus (navel). Draw your hands back, as though holding a ball floating on the surface of water, and allowing it to roll slightly forward. (M 4.1)
- b. Place your weight on your right foot with the left heel lifted.



M 4.1

Part 1 (left side)

- a. With your left foot, step forward and to the left into a wide bow stance. Your right knee is bent and you sit over your right heel. (M 4.2)
- b. Imagine you have a rubber band connecting your hands to your shoulders and the base of your neck.
- c. Slowly press your hands outward and up from your lower belly, palms facing forward and down. Your power/force (jin) should be focused on the base of the palms.
- d. Raise your palms to the level of your shoulders. Relax your shoulders and let your elbows sink outward and down.
- e. As your hands press forward, shift your weight to your front foot.

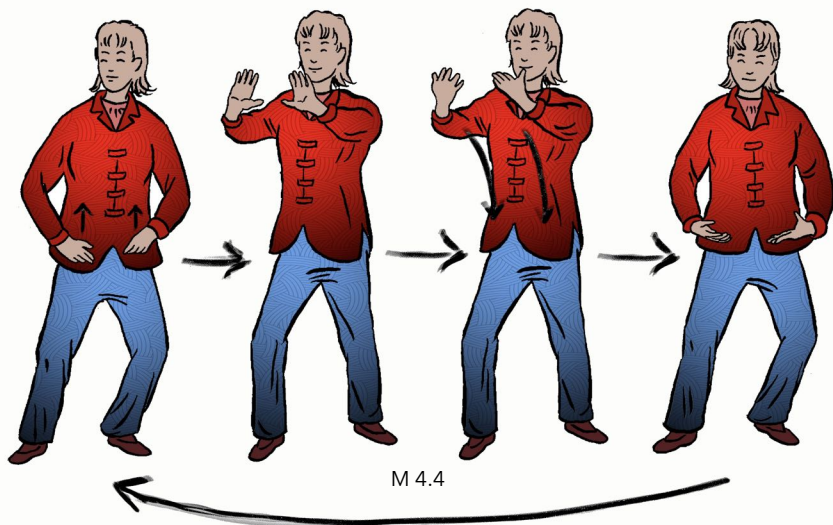


- f. Be mindful of your middle dantian; relax your waist; issue power from your belly.
- g. Turn your hands palms up using rotational, winding, and twisting power (jin).
- h. As your hands turn, raise your body as a single unit. The physical motion is very slight, and the qi movement is very great.
- i. Moving from the previous position, draw your hands back toward your lower abdomen as you shift your weight to your rear foot.
- j. Repeat this sequence several times, or move on to part 2.



Transitioning to part 2 (right side):

- a. Draw you left foot to your right instep. Your heels are together and your knees are slightly bent. (M 4.3)
- b. Inhale as you draw your body inward and together as you settle to the left.



- c. Rotate your hands as though they are rolling a ball that is floating in water, moving from supporting it from the bottom to resting atop it, palms facing down.
- d. Repeat this sequence several times, or practice by alternating this move on the left and right sides before transitioning to the next move. (M 4.4)

Preparing to transition to movement 5:

- a. Let your body rise slightly and twist forward and to the right. Shift your weight to your left foot. Raise your right heel. (M 4.5)
- b. Form a bow stance by stepping forward and to the right with your right foot.
- c. Shift your weight to your front foot as you push forward with your hands (just like the left posture).
- d. Leading with your pinkies, circle your hands down, out, and inward. Follow your hands with your arms and elbows, so that your palms face each other. (M 4.6)
- e. Your arms and elbows should move with wrapping and embracing force (jin).



Additional information to enhance practice:

This posture the following qi guiding patterns:

1. In part 1, direct qi from your middle dantian out of you arms to the palms of your hands as if you are pushing up the mountain from your middle dantian.
2. Draw qi to the upper dantian as your hands are drawn towards your head. Guide qi to the middle dantian as your hands lower to the level of your navel.



M 4.6



Let your qi flow like fresh water from a mountain spring.