

6 - Great Peng Spreads Wings

"In the Northern Ocean, there is a fish called Kun, I know not how many thousands miles in size. It changes into a bird named Peng, I know not how many miles in length. When the bird rouses itself and flies, its wings are like clouds all round the sky. When it travels to the southern darkness, its wings beat for a thousand miles upon the water. It ascends 30,000 miles upon the whirlwind, staying aloft for six months before it lands."



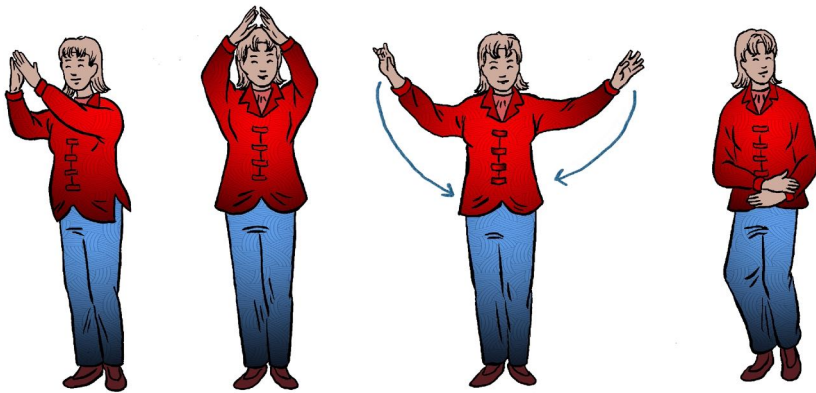
~Zhuangzi~ (late 4th century BC)
translated by Ariel Ma'ayan

The Great Peng is a Mahayana Buddhist bird deity. He is the spiritual uncle of the Buddha, who gave him a high position in heaven as the spiritual guardian of the Western Paradise.

Peng jin (force) is one of the eight energies of taiji and is outward expanding and moving energy.

Transitioning from previous movement

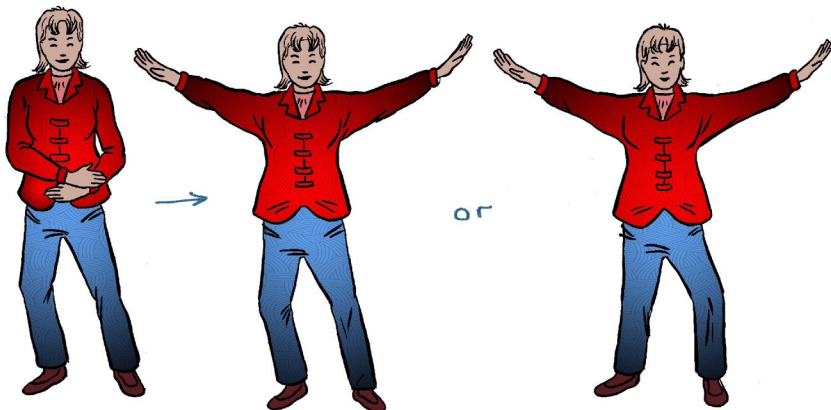
- a. Bring your hands into a 'peak' at the level of your head. Rotate your body to face forward.
- b. Shift your weight to the right foot, and draw your left foot toward your right instep. Sweep your bent arms downward toward your navel, bowing them outward slightly. Relax your shoulders and sink your elbows. (M 6.1)
- c. It should feel as though your hands and elbows are stretching a rubber band that is connected to your shoulders and the base of your neck, your hands and body applying pressure both forward and back.



M 6.1

Left side

- a. Turn to the left, leading with your hands. Step forward with your left foot into a bow stance. Keep your weight on your rear foot. (M 6.2)



M 6.2

Option 1 - Shift your weight to your forward foot as you sweep your arms from the previous position into a wide spread position. Your hands should be even with the top of your head.

Option 2 - Keep your weight on your rear foot as you sweep your arms from the previous position into a wide spread position. Your hands should be even with the top of your head. Raise your body as your arms sweep out. Lower your body as your arms return to the crossed position.

- b. As you spread your arms, imagine that you are a great bird, spreading its gargantuan wings as it soars freely over continents, its wings spanning the entire sky.
- c. As you draw your left foot back to the instep of your right, draw your arms back to the lower belly, this time with your wrists crossed right over left.
- d. As you perform this motion, relax your shoulders, allow your elbows to hang, and lower your arms slowly. As you do this, imagine returning your qi to the middle dantian.
- e. Move as if submerged in water.
- f. Calm your spirit, and let your breath be tranquil as you feel the water moving over your skin

Transition to the right side

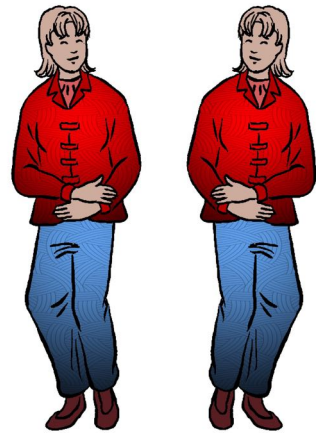
Shift your weight from your right foot to the left. Turn your body toward the right. (M 6.3)

Right side

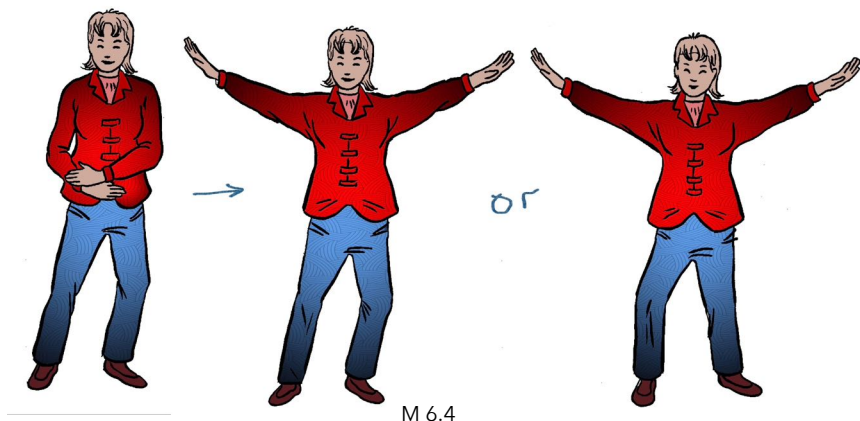
- a. Turn to the right, leading with your hands. Step forward with your right foot into a bow stance. Keep your weight on your rear foot. (M 6.4)

Option 1 - Shift your weight to your forward foot as you spread your arms to both sides, like a bird spreading its wings. Your hands should be even with the top of your head, and your arms, hands, and fingers should form a single curve.

Option 2 - Keep your weight on your rear foot as you spread your arms to both sides, like a bird spreading its wings. Your hands should be even with the top of your head and your arms, hands, and fingers should form a single curve.



M 6.3



- b. As you spread your arms, imagine that you are a great bird, spreading its gargantuan wings as it soars freely over continents, its wings spanning the entire sky. Use any combination of visual, auditory, and feeling imagery to make this a compelling experience.
- c. Draw your right foot back to the instep of your left, as your hands return to your lower belly. If repeating this motion, the wrists should cross once more, left in front of right, as they return to the lower abdomen, like downward-facing scissors.
- d. As your arms return to your navel, imagine gathering qi to the middle dantian.

Additional information to enhance practice:

This posture uses the following qi guiding patterns:

1. Breathe into your middle dantian.
2. Extend qi out from your middle dantian to the palms of your hands.
3. In the peng (or ward-off) movement, expand qi out from your middle dantian, through your hands, to form an expanded bubble with your body in the middle.
4. In the lu (or roll-back) movement, draw qi with your hands into your middle dantian.