

7 - Red Dragon Extends Claws



Chinese dragons are rulers of water and weather. They rule moving bodies of water like waterfalls, rivers, and seas. The Chinese dragon represents yang masculine power (jin).

The jin of this movement is like water forcefully flowing from above.

Transitional movement

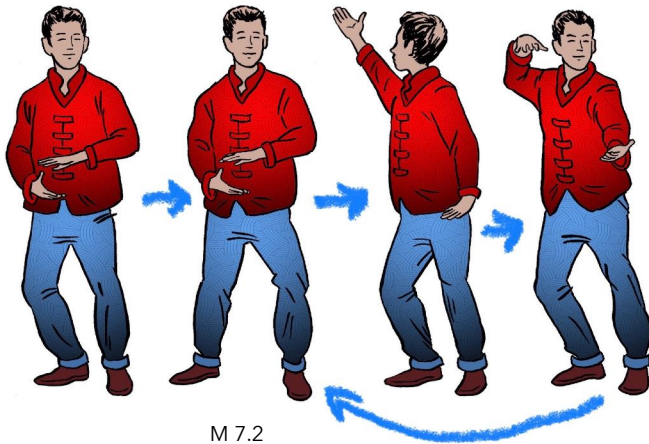
- From the previous position, bring your hands down to the front of your middle dantian. Shape them as if you were holding a ball with your right palm facing up. (M 7.1)

Left side pattern

- Shift your weight to your right foot, and step out into a bow stance with your left foot forward. Turn your body slightly to the left. Sit over your right foot.
- Shift your weight to your left foot moving your torso forward.
- Brush your left hand slightly to the left until it is over your left thigh. The applied force (jin) should be like holding a ball underwater.
- Shift your weight to your right foot as you arc your right hand up and back, extending your right arm behind you. Follow your hand with your eyes, turning your head as needed. Your elbow should be shoulder height. Relax your shoulder and elbow.
- Looking forward again, turn your right hand face down with your fingers directed forward. Your right hand should be level with



M 7.1



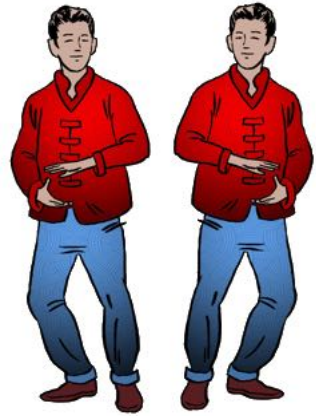
M 7.2

your ear. Your left hand should be turned over with your palm facing up. Your left hand should be just past your thigh.

- f. Slowly thrust forward, past your ear, with the fingers of your right hand, as your body turns back to face forward. Your fingertips should feel like the extended claws of a dragon, thrusting forward. As you do this, your right hand should employ a penetrating jin/force, while the left hand provides a bracing jin/force.
- g. Bring your hands into the position of holding a ball with your right hand on top. When performing this motion, one should feel as though the palms are being magnetically attracted to each other. As your hands come to embrace the ball, draw your left leg back to the instep of your right.
- h. When you shift your weight to the front or rear foot, sink, or lower, your stance by "sitting" your hips.
- i. Practice this movement for multiple cycles or transition to the right side.

Transition from left side to right side

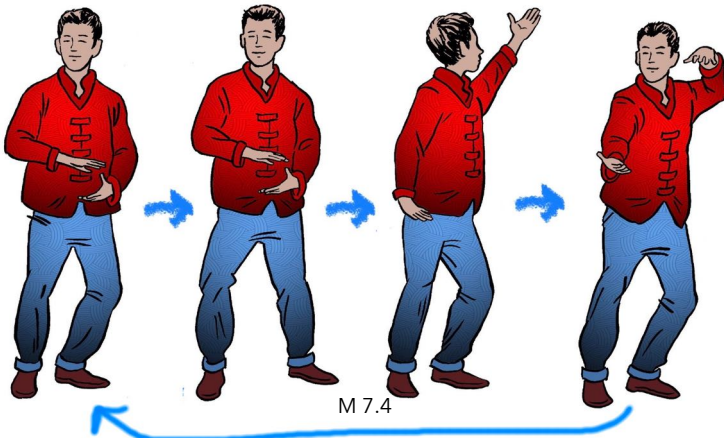
Shift your weight from your right foot to your left foot. Turn your torso from slightly left to slightly right. (M 7.3)



M 7.3

Right side pattern

- Step out into a bow stance with your right foot forward. Turn your body slightly to the right. Sit over your foot.
- Shift your weight to your right foot moving your torso forward. (M 7.4)



M 7.4

- Brush your right hand slightly to the right until it is over your right thigh. The applied force (jin) should be like holding a ball underwater.
- Shift your weight to your left foot as you arc your left hand up and back until your left arm is extended back and to the left. Follow your hand with your eyes, turning your head as needed. Your elbow should be shoulder-height. Relax your shoulder and elbow.
- Looking forward again, turn your left hand face down with the fingers directed forward. Your left hand should be level with your

ear. Turn your right hand over with your palm facing up. Your hand should be just past your thigh.

- f. Shift your weight to your right foot and move your left hand forward as your right hand comes upward. Use a penetrating force with your left hand and a supporting force with your right hand. Bring your hands into a position as if holding a ball with the left hand on top. As your hands come to embrace the ball, draw your right foot back to the instep of your left. When performing this motion, one should feel as though the palms are being magnetically attracted to each other.
- g. Repeat this posture as many times as desired, or practice by alternating this move on the left and right sides. If repeating the posture on this side, roll your hands so that your right hand is on top.
- h. When you shift your weight to the front or rear foot, sink, or lower, your stance by "sitting" your hips.
- i. You can repeat the right side movements for multiple repetitions, keep alternating the left side and right side, or move on to the transition to the next movement.

Transition to next movement

- a. In preparation for the next movement, bend your left elbow so that the tips of your left hand are even with the bottom of your left ear. (M 7.5)
- b. Keep your right arm in the same position with you palm facing down.
- c. Penetrate your left hand forward and down (with the fingertips leading), as though you are a dragon extending its claws.
- d. As you move your left hand forward, draw your right hand back.
- e. Fold your entire body inward.



f. Concentrate your qi and breath in the middle dantian.

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.
3. Through simultaneous twisting in opposite directions, this move employs the power of lie/Split.
4. Following the lu movement (drawing the arm up and back) scoop qi into a ball at your middle dantian. This draws qi into the middle dantian.

