

9 - Kneading* The Ball To The Left And Right



Again, the ball can be a mystic pearl, the moon, the middle dantian, the Most Secret Name, or the entirety of the universe, contained within a single point. This movement shifts the ball, as though pressing or rolling it, to one side and

then the other. (*Kneading is a term related to bread making, where you press and roll the ball of dough.)

Transitioning from the previous movement

- a. With your knees slightly bend, press downward with both hands.
- b. Shift your weight to your right foot, and turn your body slightly to the left.

Left side sequence

- a. Step forward and to the left with your left foot into a bow stance. Align your buttocks with your right heel. (M 9.1)
- b. Begin to circle your hands clockwise, pressing to the left and forward, as though pressing and rolling a ball. Your hands should follow the inner border of your left leg as they push forward.
- c. As you do this, shift your weight to your front leg, forming a bow and arrow stance. (M 9.2)
- d. Your palms should be as though resting on a ball floating in water. Your fingers, hands, arms, and chest should form an oval. Inwardly rotate (kou) your wrists, feeling the pressure on the outer edges of your hands, your elbows bowing toward the sides as your hands and arms press outward.



M 9.1

- e. Maintaining the oval shape with your hands, arms, and chest, continue to circle your arms clockwise, to the right and then back towards your body, as though rolling a ball over a level surface.



M 9.2

- f. As you draw your hands back toward your body, shift your weight to your rear foot, forming a bow stance.
- g. As your arms return to your body, it should feel as though you are moving against physical resistance. The arms should form the same shape, and the manner in which they apply pressure should be identical.

Repeat the sequence

You can repeat the left sequence multiple times, or transition to the right side.

Transitioning to the right side

- a. Continuing from the previous position, draw your hands back until they are in front of your lower belly, roughly level with the guanyuan point (Ren 4 - Gate of the Origin).
- b. Roll your hands back and press down slightly, as if drawing your hands toward the back of a ball that is floating on the water.
- c. As you do the above, draw your left foot to the side of the right foot. (M 9.3)
- d. While pressing down with both hands, shift your weight to your left foot.



M 9.3

- e. Let your body rise slightly.
- f. Step forward and to the right with your right foot, forming a wide bow stance. Align your buttocks with your left heel.

Right side sequence

a. While in the wide bow stance, allow your body to sink slightly. Sink your qi and breathe.

b. Both hands press the ball on the water. Your wrists and palms spiral as you press down, forward, and out. (M 9.4)



M 9.4

- c. Your waist, legs, and upper back should move as one unit.
- d. Continuing from the previous position, push your hands outward as though kneading the ball in a counter-clockwise circle.
- e. As your hands press to the right and forward, the space between them should follow the line of your right inner thigh.
- f. Both arms, from your shoulders to the fingers, should apply a curving, coiling force as your palms circle horizontally.
- g. Shift your weight to your front foot in a bow and arrow stance as your palms press forward.
- h. As your hands complete their counter-clockwise rotation and return toward the body, shift your weight back onto your rear leg, and draw your left foot back to your right.

Repeat this sequence

You can repeat the right sequence multiple times, or transition to the next movement. You can also alternate performing the left and right sequence for multiple repetitions. Transition to the next movement when ready.

Transitioning to movement 10

- a. To prepare for the transition to the next movement, draw both hands to a position in front of your lower abdomen. Your palms should face each other. (M 9.5)
- b. Your wrists and palms should use a downward bracing force (jin).

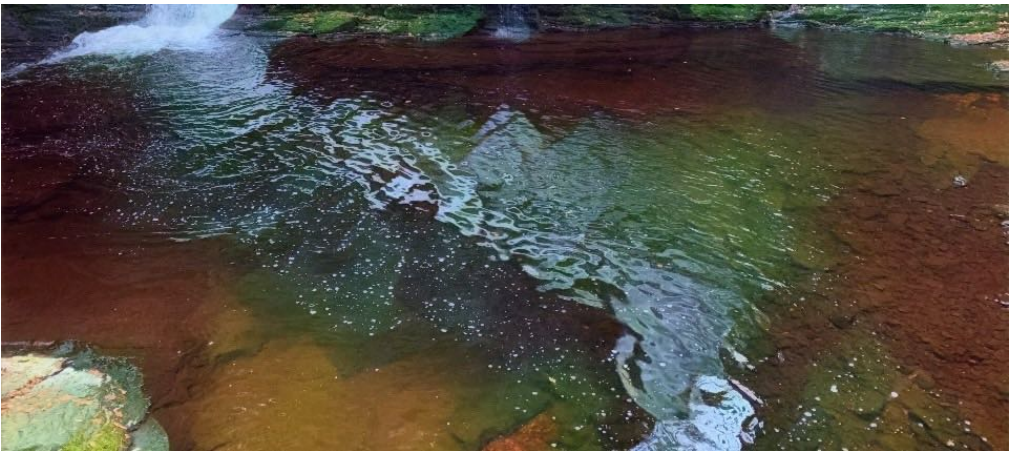


M 9.5

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.



Imagine that you are standing in a pool of fresh qi as you practice.
Like standing in pool water from a mountain stream.