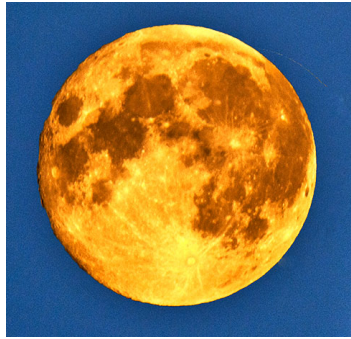


## Movement 13 - Double Circles Wrap the Moon



In Chinese minds, the moon is associated with gentleness and brightness, expressing the beautiful yearnings of the Chinese. On the 15th day of the 8th month of the lunar calendar, the moon is full and it is time to mark the Moon Festival, or the Mid-Autumn Festival. The round shape symbolizes family reunion. Therefore, the day is a holiday for family members to get together and enjoy the full moon - an auspicious token of abundance, harmony, and luck.

[www.chinlingo.com/articles/801027/](http://www.chinlingo.com/articles/801027/)

### ***Transitioning From Movement 12 - Wild Horse Parting Its Mane***

- Rotate both hands from your right shoulder to the front of your body. Maintain the position of holding the ball with your hands.
- Your arms should be bent and braced slightly in front with your thumbs at the top of your head.
- Eyes should be level. Relax your waist and draw in your belly.

### ***Beginning***

- Take a half step to the left so that your feet are shoulder-width apart.
- Form a circle with your arms around your head. Your palms should face forward with your thumbs directed toward the top of your head (Du Mai 20 - Baihui, Du Mai 21 - Qianding, Du Mai 22 - Xinhui, or Du Mai 23 - Shangxing). Your elbows should be drawn back slightly.

### ***Continuing***

- Lower your hands by curving them to the sides at ear height.
- Form a curved shape with both arms. Relax your shoulders and lower your elbows.
- Extend your back forward slightly and gently tighten your buttocks.
- Flex your knees.

- Your hands should press outward, as if there were a rubber band between them.



### **Continuing**

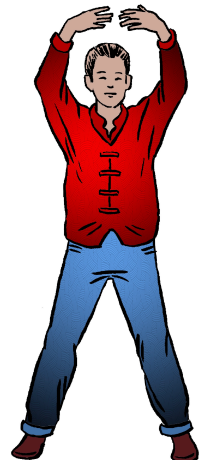
- Gently brace your buttocks and relax your waist. Bend your abdomen and chest forward.
- Both arms should form a curve as they descend with your palms facing downward.
- Raise your head slightly and look forward.

### **Continuing**

- Bend at your waist and draw your fingers toward your center line. Your palms should face upwards.
- Form a circle under your chest with your arms.
- 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**

- 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.



- Relax your shoulders and sink your elbows.
- Keep your mind on your Middle Dantian.

### ***Additional Information To Enhance Practice:***

**Practicing this movement cultivates the following Taiji Energies:**

- Peng or Ward Off - Peng Jing is outward expanding and moving energy.
- Lu or Roll Back - Lu Jing is receiving and collecting energy, or inward receiving energy. It can also be a brushing aside energy.

**This movement practices the following stance/direction of the 5 Movements:**

- Ding - Settling at the Center

**This posture is based on, or grounded in, the Xinqi patterns:**

1. Breathe into the Middle Dantian
2. Alternate between directing Qi from the Middle Dantian to the palms of your hands, drawing Qi back to the Middle Dantian.