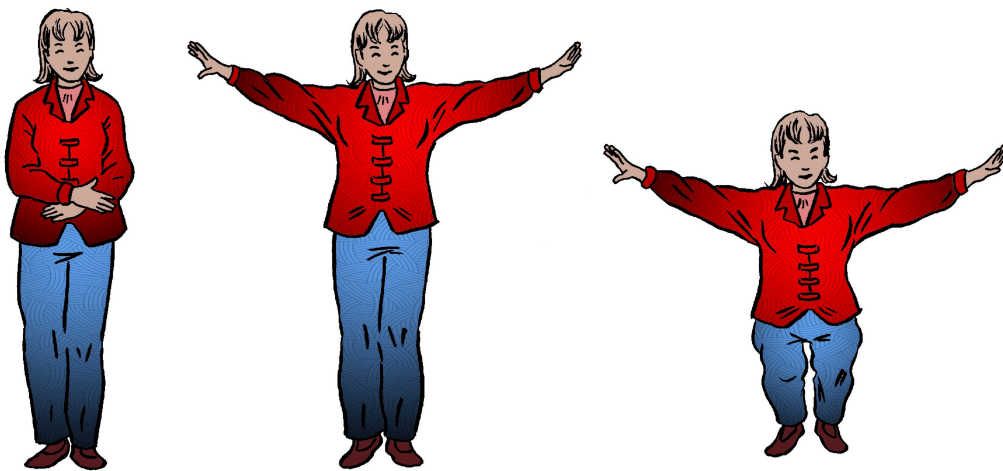


Movement 14 - Standing and Squatting with Arms Level

Start with an Asian Squat. Asian squats are good for mobility, flexibility and lower body strength. Gradually transition to a squat with lifted heels.

Transitioning From Movement 13 - Double Circles Wrap The Moon

- Lower your hands to the side until you cross your hands and wrists in front of your lower abdomen. Your palms should face your lower belly with your right hand on top.
- Your hands should be half a hand's width out from your lower belly.
- When your hands reach your navel, draw your left foot to your right.



Beginning

- Lift your arms out to the sides of your body until your hands are shoulder high. Your arms and hands should form a curved line.
- As your arms lift upward, lift your heels.
- Pause in this position for a few moments.

Lowering Position

- Gently and gradually squat down with both legs. Maintain your arm position.
- Keep your heels lifted.
- Pause here for several moments.

Finishing Position

- Gradually rise up and return your heels to the ground as you stand up.
- Repeat the cycle several times.

“It is said: The waist and legs get old before the person does; to forestall early aging, train the waist and legs. When the waist and legs are strong and healthy, the body is good. This posture excels at strengthening the waist and legs.”

Master Jiao Guorui (Translated by Ariel Maayan)



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.
- (Perhaps this is An) 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:

- Settling at the Center - Ding

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

1. Breathe into the Middle Dantian
2. Direct Qi from the Middle Dantian to the hearts of your feet. Develop feeling of Qi streaming from the Middle Dantian, down your legs, and out the bottoms of your feet.