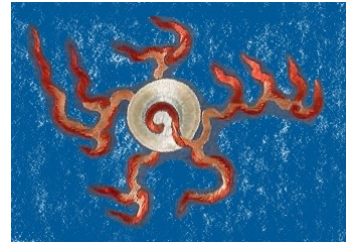


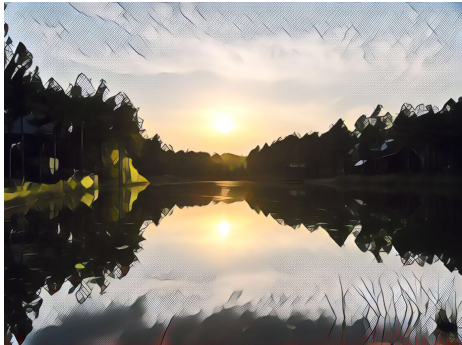
Movement 1 - Calm the Shen and Regulate the Breath

Throughout The Exercise:

- Bend your knees as you raise your hands.
- 'Sink' your weight into your hips, as if you are preparing to sit.
- Be mindful of your middle dantian; focus your attention on the space behind your belly button.
- For mental imagery (internal practice): imagine that you are standing in water up to your shoulders.
- Calm your shen (mind/heart/spirit) and let your breath become peaceful.



In Chinese symbolism, a ball is often a pearl with great spiritual value.



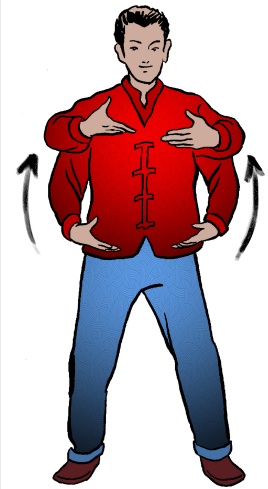
Mind calm like a tranquil mountain lake...



Breathe gently like a soft, soft breeze....

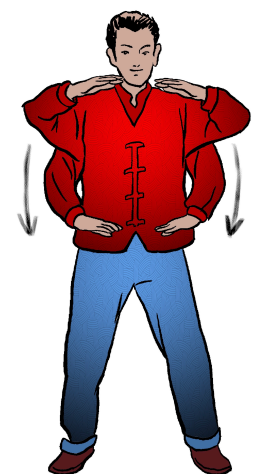
Part 1

- Continuing from Opening Movement 3: both hands are positioned as if holding a ball just below the belly button.
- Slowly lift both hands as though you are lifting the ball to the level of your heart.
- As you are lifting the ball, imagine you can feel the water brushing against your skin.
- As you lift the ball, let your body rise slightly.
- Explore the mental imagery of Qi being drawn up from the Yongquan points on the soles of the feet. Qi is drawn up through the Middle Dantian to the level of your heart.
- When you have lifted the ball to the level of your heart, pause and hold the position 'Holding the Ball at Heart Height'.
- Relax your shoulders and let your elbows hang. The arms will bow out slightly. Your shoulder blades will come together slightly.
- Your eyes are level, the waist is relaxed. Be mindful of the qi in your feet.



Part 2

- With your arms, form a horizontal oval shape at the level of your shoulders with your palms facing down.
- Let your shoulders be relaxed and your elbows hang.
- Press downward with your hands. Include your upper back, upper chest, and shoulders in the application of downward force (jing). This is 'Pressing the Ball at Shoulder Height.'
- Slowly press and lower both hands to the level of the lower abdomen, Ren mai point 4: Guanyuan - 'the Gate of Origin.'
- Your hands press downward as if pressing the ball underwater. This is 'Pressing the Ball Beneath the Navel.'



Repeat the pattern of lifting the ball and pressing the ball down. When ready, move onto the next movement.

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. Peng is sometimes known as bouncing energy.
- Ahn or Downward pushing energy; peng energy that is directed downward. 'When applied, it is like flowing water. The substantial is concealed in the insubstantial.'

This movement practices the following stance, or direction, of the 5 Movements:

- Ding or Settling at the Center

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

1. Breathe into the Middle Dantian
2. Guide Qi up from your Yongquan through your Middle Dantian to your Tan Zhong point (Part 1). Guide Qi down from the Tan Zhong point (Ren Mai 17 - Sea of Qi) down to your Middle Dantian (Part 2).