

Movement 3 - Supporting the Ball at Left and Right



In Chinese symbolism, the ball is also often presented as a pearl. Pearls are frequently shown with flames that symbolize magical powers. They may represent the wish-granting pearl of Buddhism.

This movement involves bracing, twisting, winding, and embracing forces; the whole body shifts.

This exercise can be used for a variety of chronic problems, as well as middle-aged or senior health maintenance.

It combines:

- One upward supporting hand and one downward pushing hand.
- One yin hand and one yang hand.
- One ascending hand and one descending hand.
- One full leg and one empty leg.
- Movement in quiescence and quiescence in movement (quiescence within moving postures and internal movement (Xingqi) within still stances).

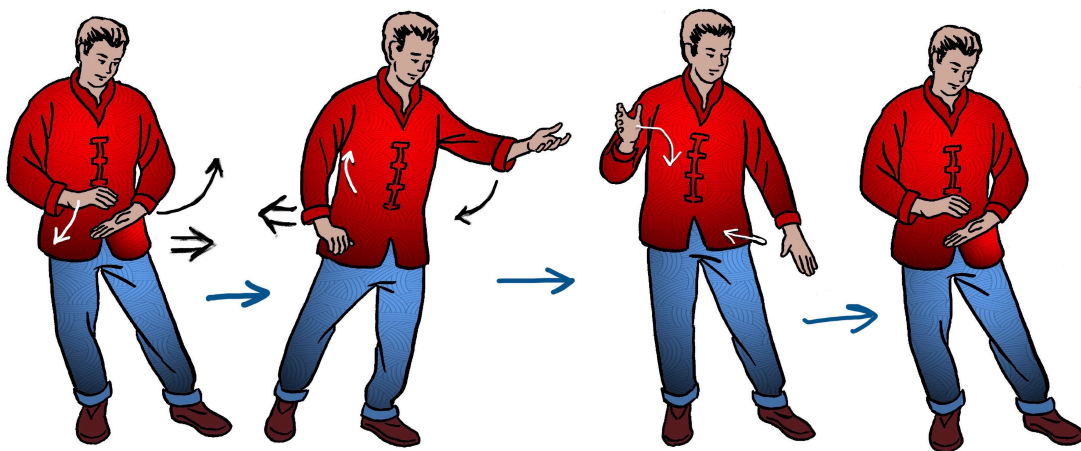


This movement has a holistic nature. It contains rounded and lively movements. It uses the prenatal Qi of the ultimate dimension. It is useful for a variety of chronic illnesses and is helpful for health maintenance of the middle-aged and elderly.

Transitioning From Movement 2:

- Shift your weight to your right foot and step out and to the left with your left foot. Your hips should be directed 45 degrees to the right.
- As you adjust your stance, move your hands toward your belly button. With your left hand low (level with the pubic bone) and your right hand high (leveled with the belly button), position your hands as though you are embracing a ball. Imagine the Laogong (center of the palm) of both hands attracting each other like magnets.

Left Side Sequence 1:

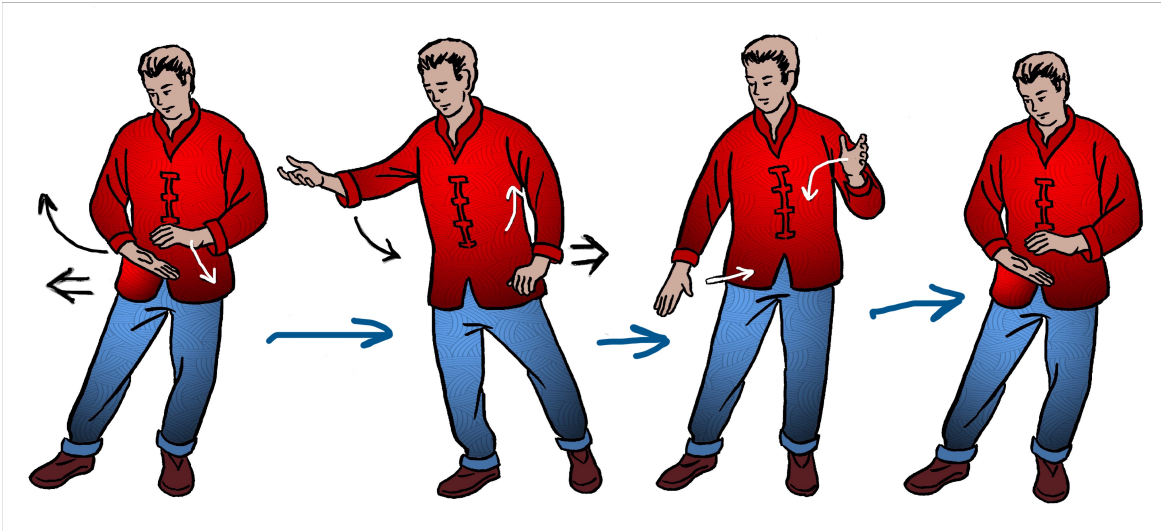


- Rotate your hips to the left until you are facing forward. As you do, split your hands apart, so that both hands are hip-high. Keep your right hand facing down and your left hand facing up.
- Shift your weight to the forward foot. As you do this, lift your left hand up to shoulder-level and out in front of your body. Press your right hand down at your right hip.
- Shift your weight back to your rear foot. As you do this, right left hand scoops downward and back toward the center of your body, and your right hand scoops upward and back toward the center of your body.
- Your hands should return to their original ball-embracing position.
- Repeat the sequence.

Transitioning To The Right Side Sequence 1:

- Draw your forward left foot back to your right instep. Shift your weight to your left foot. Your hips should face forward and 45 degrees to the left.
- Roll your hand position till your right hand is low and your left hand is high.

Right Side Sequence 1:

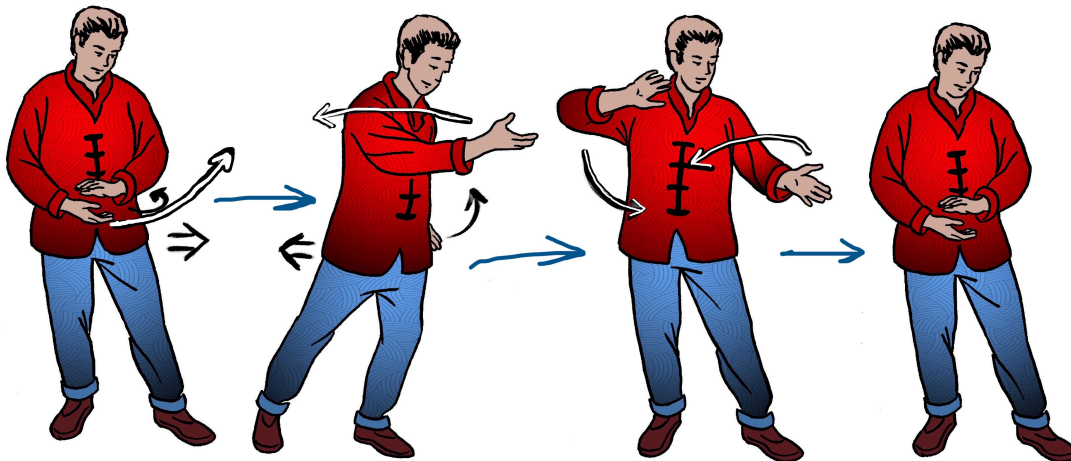


- Rotate your hips to the right until you are facing forward. As you do this, split your hands apart, so that both hands are hip high. Your left hand should be facing down and your right hand should be facing up.
- Shift your weight to your forward foot. As you do this, lift your right hand up to shoulder-level and out in front of the body. Press your left hand down at your right hip.
- Shift your weight back to your rear foot. As you do this, your right hand scoops downward and back toward the center of your body, and your left hand scoops upward and back toward the center of your body.
- Your hands should return to their original ball-embracing position.
- Repeat the sequence.

Transitioning To The Left Side Sequence 2:

- Draw your forward right foot back to your left instep. Shift your weight to your right foot. Your hips should face forward and 45 degrees to the right.
- Maintain your hand position until your right hand is low and your left hand is high.

Left Side Sequence 2:

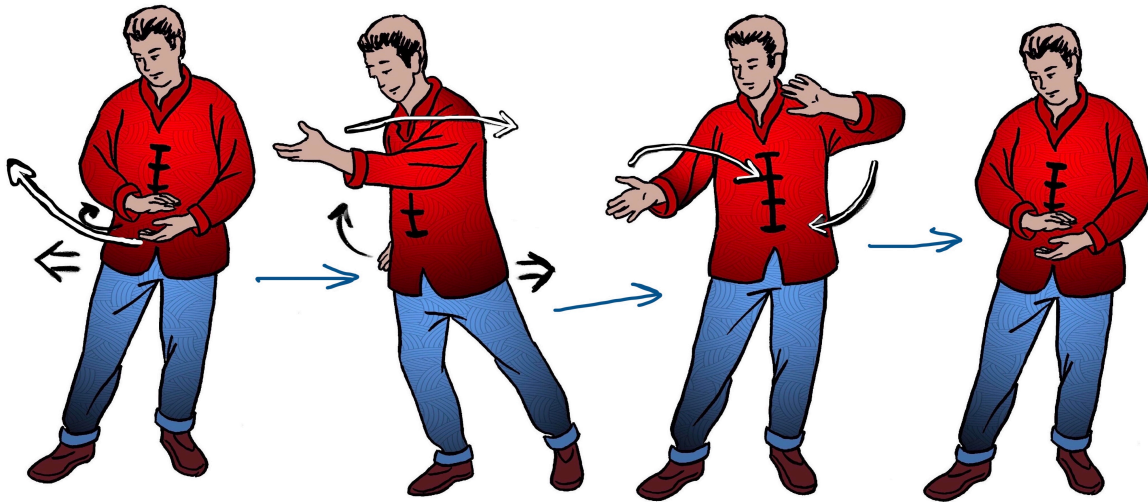


- Rotate your hips to the right until you are facing forward. As you do this, split your hands apart, so that both hands are hip high with your left hand facing down and right hand facing up.
- Shift your weight to your forward foot. As you do this lift, your right hand up to shoulder level and out in front of your body. Press your left hand down at your left hip.
- Shift your weight back to your rear foot. As you do this, your right elbow should be drawn back. Your right hand scoops downward and back toward the center of your body, and your left hand scoops upward and back toward the center of your body.
- Return your hands to their original ball-embracing position.
- Repeat the sequence.

Transitioning To The Right Side Sequence 2:

- Draw your forward left foot back to your right instep. Shift your weight to your left foot. Your hips face forward and 45 degrees to the left.
- Roll your hand position until your left hand is low and your right hand is high.

Right side sequence 2



- Rotate your hips to the left until you are facing forward. As you do this, split your hands apart, so that both hands are hip high with your right hand facing down and your left hand facing up.
- Shift your weight to the forward foot. As you do this, lift your left hand up to shoulder level and out in front of the body. Press your right hand down at your left hip.
- Shift your weight back to your rear foot. As you do this, your left elbow is drawn back. Your left hand scoops downward and back toward the center of your body, and your right hand scoops upward and back toward the center of your body.
- Return your hands to their original ball-embracing position.
- Repeat the sequence.

Transitioning To Movement 4 - Pressing The Mountain:

- Draw the forward right foot back to the right instep. Shift your weight to your right foot. Your hips face forward and 45 degrees to the right.
- Position both hands as though you are preparing to push forward at the level of your belly button.

Additional Information To Enhance Practice:

Practicing this movement cultivates the following Taiji Energies:

- Lieh or Splitting - Lieh is an opening, splitting movement that separates the incoming energy in two directions
- Peng or Ward Off - Peng Jing is outward expanding and moving energy.
- Lu or Draw In/Roll back - Lu Jing is receiving and collecting energy, or inward receiving energy.
- Cho or Elbow -

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

- Jin or Advancing Steps
- Tui or Retreating Steps

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

1. Breathe into your Middle Dantian
2. Direct Qi from your Middle Dantian to the palms of the hands. Press upward and downward at the same time.

This movement is an integrative training system. It combines:

- Supporting and pushing (front hand supports, back hand pushes).
- Yin energy and yang energy (front hand yang, rear hand yin).
- Ascending energy and descending energy (front hand ascends, rear hand descends).
- Emptiness and fullness (one leg empty, the other full).
- Quiescence within external movement and movement within external quiescence.