

## Movement 7 - Red Dragon Extends Claws



“Chinese dragons are strongly associated with water and weather in popular religion. They are seen as rulers of moving bodies of water such as waterfalls, rivers, or seas. The Dragon God is the dispenser of rain and represent of yang masculine power.”

Wikipedia

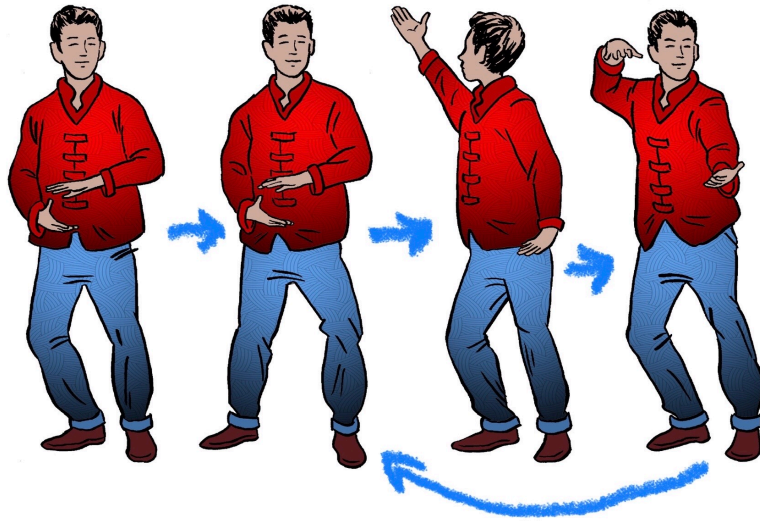
### ***Transitional Posture/Motion***

- From the previous position, bring your hands down to the front of your Middle Dantian. Shape them as if you were holding a ball with your right palm facing up.
- As you perform this motion, draw your right foot in until it is alongside your left foot.



### ***Left Side Pattern***

- Shift your weight to your right foot, and step out into a Bow Stance with your left foot forward. Turn your body slightly to the left. Sit over your right foot.
- Shift your weight to your left foot moving your torso forward.
- Brush your left hand slightly to the left until it is over your left thigh. The applied force (Jing) should be like holding a ball underwater.
- Arc your right hand up and back until your right arm extends somewhat behind. Follow your hand with your eyes, turning your head as needed. Your elbow should be shoulder high. Relax your shoulder and elbow. Shift your weight to your right foot.



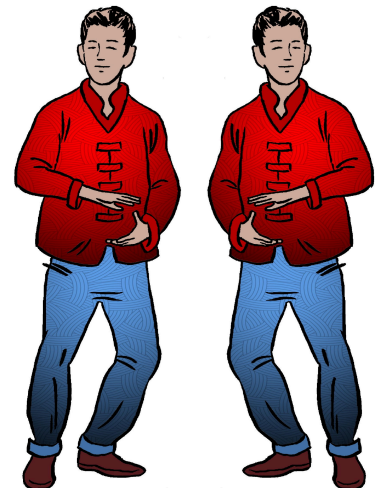
- Looking forward again, turn your right hand face down with your fingers directed forward. Your right hand should be level with your ear. Your left hand should be turned over with your palm facing up. Your left hand should be just past your thigh.
- Shift your weight to your left foot and your right hand moves forward as your left hand moves upward. Use a penetrating force with your right hand and a supporting force with your left hand. Bring your hands into the position of holding a ball with your right hand on top.
- Roll your hands so that your left hand is on top. Repeat the cycle.
- When you shift your weight to the front or rear foot, sink, or lower, your stance by "sitting" your hips.

### ***Transition From Left Side To Right Side***

- Shift your weight from your right foot to your left foot. Turn your torso from slightly left to slightly right.

### ***Right Side Pattern***

- Shift your weight to your left foot and step out into a Bow Stance with your right foot forward. Turn your body slightly to the right. Sit over your foot.



- Shift your weight to your right foot moving your torso forward.
- Brush your right hand slightly to the right until it is over your right thigh. The applied force (Jing) should be like holding a ball underwater.
- Arc your left hand up and back until your left arm is extended somewhat behind. Follow your hand with your eyes, turning your head as needed. Your elbow should be shoulder high. Relax your shoulder and elbow. Shift your weight to your left foot.



- Looking forward again, turn your left hand face down with the fingers directed forward. Your left hand should be level with your ear. Turn your right hand over with your palm facing up. Your hand should be just past your thigh.
- Shift your weight to your right foot and move your left hand forward as your right hand comes upward. Use a penetrating force with your left hand and a supporting force with your right hand. Bring your hands into a position as if holding a ball with the left hand on top.
- Roll your hands so that your right hand is on top. Repeat the cycle.
- When you shift your weight to the front or rear foot, sink, or lower, your stance by "sitting" your hips.

### ***Transition To Next Movement***

- In preparation for the next movement, bend your left elbow so that the tips of your left hand are even with the bottom of your left ear.
- Keep your right arm in the same position with you palm facing down.
- Penetrate your left hand forward and down (with the fingertips leading), as though you are a dragon extending its claws.
- As you move your left hand forward, draw your right hand back.
- Fold your entire body inward.
- Concentrate your qi and breath in the middle dantian.



### ***Additional Information to Enhance Practice:***

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

- Peng - Ward Off - Peng Jing is outward expanding and moving energy.
- Lu - Roll Back - Lu Jing is receiving and collecting energy, or inward receiving energy. It also brushes the incoming force aside.
- Lieh - Splitting - Lieh Jing is an opening and splitting movement which separates the parts of the opponent's body in two directions.
- Ji - Pressing - Ji Jing is a pressing and penetrating movement. This is an offensive force which involves following the opponent's energy and squeezing or sticking forward.

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

- Jin - Advancing Steps
- Tui - Retreating Steps

**This posture is based or grounded in the following Xinqi Patterns:**

1. Breathe into the Middle Dantian.
2. Direct Qi from the Middle Dantian to the palms of your hands.
3. During the Lieh/Lu Movements press upward and downward at the same time.
4. During the Lu (gathering) Movement scoop Qi into a ball at your Middle Dantian. Draw this Qi into the Middle Dantian.