

Movement 8 - Touching the Ball in Water

In Chinese mythology, a ball can also be a Pearl of Wisdom. From Wikipedia:

“Many pictures of Chinese dragons show a flaming pearl under their chin or in their claws. The pearl is associated with spiritual energy, wisdom, prosperity, power, immortality, thunder, or the moon.”

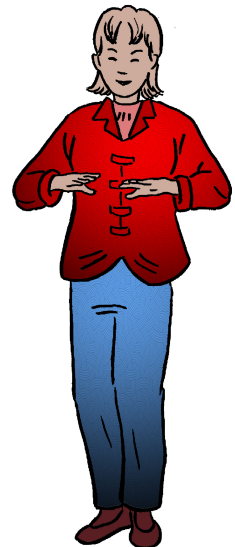


- Wikipedia

The ball/pearl is also symbolic of the middle dantian.

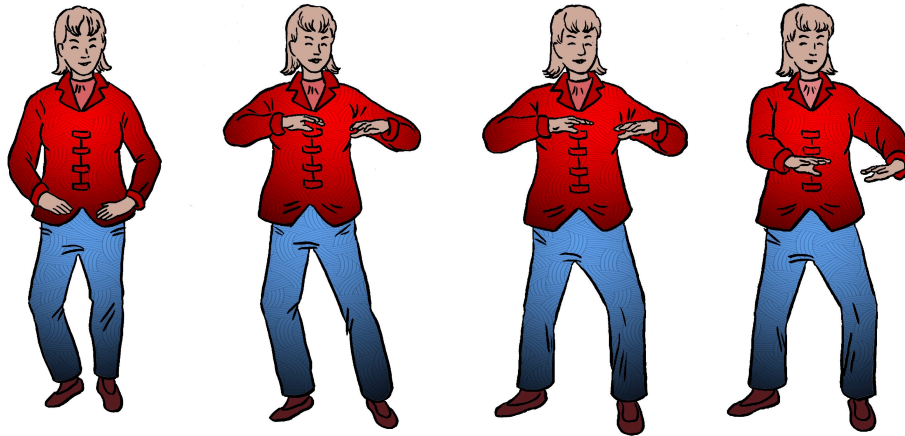
Preparing Movement 1

- Continuing from the Movement 7, bring your hands together at chest-height with your palms facing down.
- Move your right foot to the inside of your left.
- Bend your knees slightly.



Preparing Movement 2

- Lower your hands until they reach the level of your lower abdomen. Rises up slightly.
- Shift your weight to your right foot and turn your body slightly to the left. Lift your left heel slightly. Sink your weight to the soles of your feet.



Left Side

Part 1

- Step forward with your left foot to form a Bow Stance. Your weight should remain on your right foot. Keep your buttocks aligned with your right heel.
- Your arms should form a left-leaning oval at the level of your heart.
- Your hands should be oriented over the inner side of your left leg.

Left Side Sequence Part 2

- Shift your weight to your left foot and form a Bow and Arrow Stance.
- Move your hands forward, maintaining the oval as you do so. Move your hands as if they were gently holding a ball floating on water.
- Press the ball beneath the water with your hands using a circular motion. Press downward until your hands are at the level of your navel.
- Shift your weight to your right foot. Relax your shoulders and lower your elbows. Maintain your hand position as though gently holding a ball beneath the water

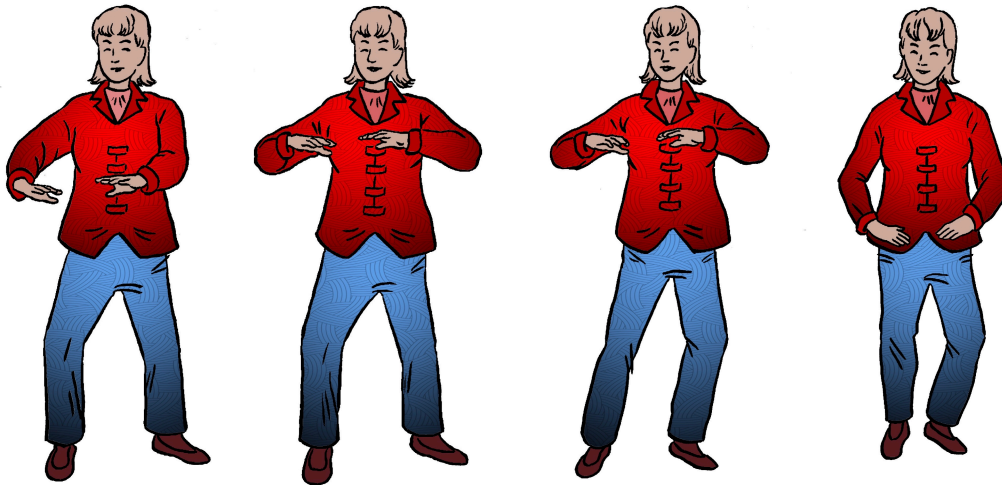
Preparing Movement 3

- Continuing from Movement 2, bring your hands together at chest-height with your palms facing down.
- Move your left foot to the inside of your right.
- Bend your knees slightly.



Preparation Movement 4

- Lower your hands until they reach the level of your lower abdomen. Rise up slightly.
- Shift your weight to your left foot and turn your body slightly to the right. Lift your right heel slightly. Sink your weight to the soles of your feet..



Right Side Sequence

Part 1

- Step forward with your right foot to form a Bow Stance. Your weight should remain on your left foot. Keep your buttocks aligned with your left heel.
- Your arms should form a right leaning oval at the level of your heart.
- Your hands should be oriented over the inner side of your right leg..

Part 2

- Shift your weight to your right foot and form a Bow and Arrow Stance.
- Move your hands forward, while maintaining the oval. Move your hands as if they were gently holding a ball floating on water.
- Press the ball beneath the water with your hands, using a circular motion. Press down until your hands are at the level of your navel.
- Shift your weight to your left foot. Relax your shoulders and lower your elbows. Maintain your hand position as though gently holding a ball beneath the water.

Additional Information To Enhance Practice:

Practicing this movement cultivates the following Taiji Energies:

- Lu or Roll Back - Lu Jing is receiving and collecting, or inward receiving energy.
- Ji or Pressing - Ji Jing is pressing and receiving energy. This is an offensive force delivered by following the opponent's energy and by 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 Xinqi patterns:

1. Breathe into the Middle Dantian
2. Direct Qi from the Middle Dantian to the palms of the hands.

Annotation:

This movement first appeared in *Qigong Essentials for Health Promotion* (Jiao Guorui, 1988, p.174-175). The above instructions were based on *A Pictorial Guide to Jiao Guorui's Fifteen Postures of Taiji Qigong*, Jiao Guorui, 1992; Translated by Ariel Maayan, 2020

This movement has been only slightly modified from the translation of the 1992 publication. The original paragraph form has been changed to bullet points.

The initial section is my addition, as well as the 'Additional Information' section.