

## Movement 9 - Pressing The Ball To The Left And Right

Sacred Pearls - The shiny translucent quality has long been associated with the moon. Legends consider pearls to originate from the moon which is sometimes known as 夜明珠 yè míng zhū the 'night shining pearl'. ... The pearl can also represent wisdom .... As the pearl lies hidden inside an unprepossessing dark shell of a mussel, it also symbolizes hidden beauty or talent. It is one of the eight jewels of Buddhism, in this form it may be surrounded with flames to denote its magical powers.



<https://www.chinasage.info/symbols/nature.htm>

### Transitioning From The Previous Movement

- With your knees slightly bend, press downward with both hands.
- Shift your weight to your right foot, and turn your body slightly to the left. This is the posture of kneading the ball with your entire body.
- In this position, use your palms to draw flat circles on the left and right sides of your body.



### Left Side Sequence Movement 1

- Step forward and to the left with your left foot. This is a Bow Stance. Align your buttocks with your right heel.
- Move your hands as if pressing on a ball floating on the water, pushing it outward. This motion should be above the inner side of your left leg.



### **Left Side Movement 2**

- Press your hands out to the front and left with your palms down. Your hands should be above the inner side of your left leg. This is kneading a ball.
- Curve your arms from your shoulders to your fingers until they form a flattened oval.
- Shift your weight to your front leg forming a Bow and Arrow Stance.

### **Left Side Movement 3**

- As your hands maintain the curved oval shape, draw them back and outward.
- Shift your weight to your rear foot, forming a Bow Stance.
- Maintain the oval shape bring your arms toward the rear as though moving against physical resistance. The shape and pressure applied against the arms should mirror one another.

### **Repeat This Sequence**

- Start the left side sequence and repeat it several times.

## ***Transitioning To The Right Side Movement 1***

-Continuing from the previous position, draw your hands back until they are in front of your lower belly, roughly level with the Guanyuan Point (Ren 4 - Gate of the Origin).

-Press down with a slight downward force, as if drawing back a ball that is floating on the water.

-As you do the above, draw your left foot to the side of the right foot.



## ***Transitioning Movement 2***

- While pressing down with both hands, shift your weight to your left foot.
- Let your body rise slightly.
- Step forward and to the right with your right foot, forming a Wide Bow Stance. Align your buttocks with your left heel.

## ***Right Side Sequence Movement 1***

- While in the Wide Bow Stance, allow your body to sink slightly. Sink your Qi and breath.
- Both hands press the ball on the water. Your wrists and palms spiral as you press down, forward, and out.
- Your waist, legs, and upper back should move as one unit.



## **Right Side Movement 2**

- Continuing from the previous position, push your hands outward as though kneading the ball.
- The inner side of your right leg should curve back and to the left. It should pass beneath the middle of the space between your hands.
- Both arms, from your shoulders to the fingers, should apply a curving, coiling force.
- Shift your weight to your front foot in a Bow and Arrow Stance).

## **Repeat This Sequence**

- Start the right side sequence and repeat several times.

## **Transitioning To Movement 10**

- To prepare for the transition to the next movement, draw both hands to a position in front of your lower abdomen. Your palms should face each other.
- As your hands are drawn in, shift your weight to your rear foot in a Wide Bow Stance.
- Your wrists and palms should use a downward bracing force (Jing).



## ***Additional Information To Enhance Practice:***

Practicing this movement cultivates the following of the 8 Taiji Energies:

- Lu or Roll Back - Lu Jing is receiving and collecting energy, or inward receiving energy. It can also be a brushing aside energy.
- Ji or Pressing - Ji Jing is pressing and receiving energy. This is an offensive force delivered by following the opponent's energy, by squeezing or sticking forward.
- An or Push Downward - An Jing is downward pushing energy. Pushing power comes from the legs pushing into the earth.

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 the Middle Dantian
2. Direct Qi from the Middle Dantian to the palms of your hands.

