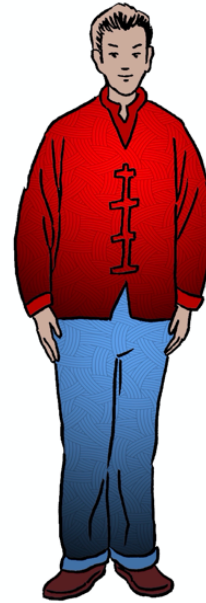


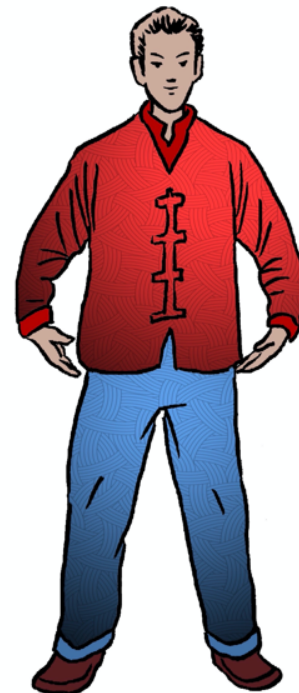
Opening Movement 1 - Hanging and Bracing

- Stand naturally with your heels together and your toes apart, forming an angle of about 70 degrees, and your body standing naturally straight.
- Then, draw in your right foot, and shift your weight to your right foot.
- As you do this, take half a step out to the side with your left foot, so that your feet are parallel about shoulder width apart, and your weight is evenly distributed on the soles of your feet.



Static Posture

- With both knees slightly bent, draw your toes slightly in and sit back into your hips.
- Contain the chest and draw in the belly, and straighten the lumbar vertebrae.
- Relax your shoulders and hollow your armpits, bowing the shoulders and arms slightly outward, so that your middle fingers point to your waistline.
- Your head should be straight and your gaze level, looking out from behind the curtain of the eyelids.
- Your teeth should be gently touching, with your tongue body level, your breathing natural and
- your mind contained within your dantian. (Keeping the Mind on the Middle Dantian)
- Stand like a verdant pine, with your feet as living roots. Straighten up resolutely, towering majestic and unmoving.



13 Energies

- Peng - Ward Off (Peng Jing is outward expanding and moving energy.)
 - Settling at the Center - Ding
-

Xingqi pattern

1. Breathe into the middle dantian
 2. Guide qi from the dantian, through the arms to the fingers, and into the belt meridian
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The Dai Mai (one of the Extraordinary Vessels)

The Dai Mai (or Belt Meridian) is one of the deeper channels of energy within the body. The Dai Mai can be thought of as one of the deep and vast reservoirs of energy. This meridian is the only channel that flows horizontally. It includes meridian points from the liver, kidney, and gall bladder meridians.

The Dai Mai functions to keep energy flowing effectively between the upper and lower parts of the body. Qigong and Taiji are two of the methods to improving the energy flow of this meridian. This meridian can benefit issues of the waist and abdomen as well as the lumbar region and lower back.

