

Opening Movement 2 - Tracing the Taiji Symbol



"In Ancient Chinese philosophy, yin and yang ... is a concept of dualism, describing how seemingly opposite or contrary forces may actually be complementary, interconnected, and interdependent in the natural world, and how they may give rise to each other as they interrelate to one another. In Chinese cosmology, the universe creates itself out of a primary chaos of material energy, organized into the cycles of Yin and Yang and formed into objects and lives. Yin is the receptive and

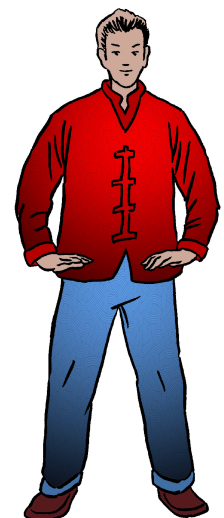
Yang the active principle, seen in all forms of change and difference such as the annual cycle (winter and summer), the landscape (north-facing shade and south-facing brightness), sexual coupling (female and male), the formation of both women and men as characters and sociopolitical history (disorder and order)."

Wikipedia

The Yin Yang symbol is the Taiji symbol. This movement represents a balance between stillness (quiescence) and motion. While the body is involved in gentle silk-reeling movements, the shen (mind/heart/spirit) is steeped in stillness. As Master Jiao Guorui has said: "find stillness in motion and motion in stillness."

Starting from the previous movement:

- The starting stance is the same as the previous movement. The posture is relaxed.
- Rotate your hands so that your palms face down. Apply gentle force downward as if you are pressing balls underwater.
- Point your fingers towards the center; point your thumbs towards the waistline.



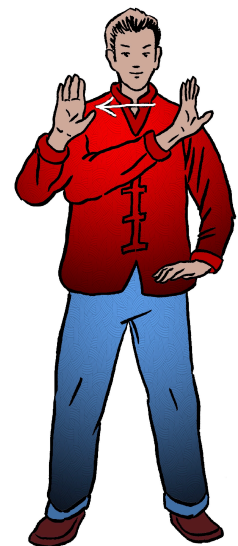


Tracing the Taiji Symbol:

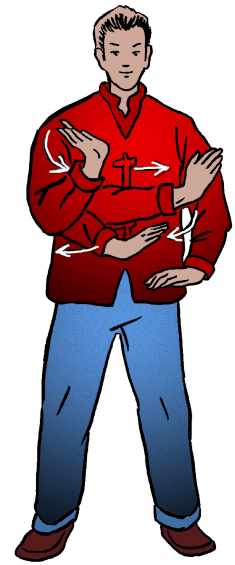
- With your right hand, leading with the little finger, curl your fingers over until the hand is palm up. Then scoop up with your right hand until the hand is at the level of your left shoulder 'Curling the Fish's Tail.'



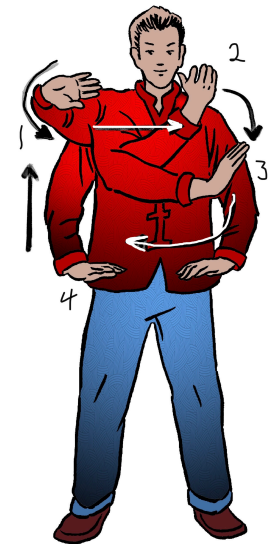
- Have your right hand's palm facing outward and your fingers pointing up. Draw your right hand from in front of your left shoulder to the front of your right shoulder, waving 'Hi.'



- The previous move is the first part of the 'Drawing an S Move.' This part completes it.
- Rotate your right hand so that it is palm up and move it from right to left, in from the middle of your body.
- Once your right hand is on the left side of your body, rotate your hand palm down and move your hand from the left side to the right side at the level of your left hand.
- This completes 'Drawing an S.'



- Raise your right hand as you rotate your palm to face outward ('Shading the Eyes from the Sun').
- Pivot your right forearm so that your elbow points downward and your palm faces up.
- Move your right hand from in front of your right shoulder to the front of your left shoulder ('Carrying the Tray').
- Sweep your right hand downward and return to the starting position.



Repeat on the left side, alternating the right and left sides.
When finished, continue onto the next movement.

Transitioning to Opening Movement 3 - The final Taiji symbol

- Place your hands along the margin of your lower belly with your hands one fist's width from your belly. Your wrists are slightly rotated forward so your arms bow outward.
- Circle your hands forward and outward while opening your arms and facing your palms downward. Brace your arms outward and push down. Apply power/jing to your wrists and the pinky side of your palms. Your body rises slightly.

- Rotate your hands in opposite directions. Your fingers will go from pointing inward to pointing outward. Curl the fish's tail with both hands to rotate your hands palms up with the fingers pointing inward. Finally, rotate the hands again so that they return to the original palms-down position.

Additional Information To Enhance Practice:

Practicing Tracing the Taiji Symbol cultivates two of the 8 Taiji Energies:

- Peng or Ward Off - Peng Jing is outward-expanding and moving energy.
- Lu or Roll Back - Lu Jing is receiving and collecting energy, or inward-receiving energy.

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

- Settling at the Center or Ding.

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

1. Breathe into the middle dantian.
2. Extend qi out from the middle dantian to the palms of the hands.

Practicing the Tracing the Taiji Symbol improves Silk Reeling movements and energy:

The name Silk Reeling was derived from the twisting and spiraling movements of a silkworm larva as it wraps itself in its cocoon. To draw out the silk from the cocoon, one must move smoothly and consistently. Moving too fast breaks the silk; moving too slowly causes the silk to stick to itself and become tangled.

Silk Reeling is a core method of movement used in solo Taiji forms, solo exercises (Chan Si Gong), and two-person exercises (push hands).