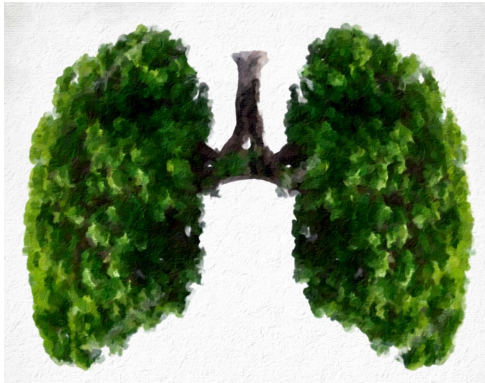


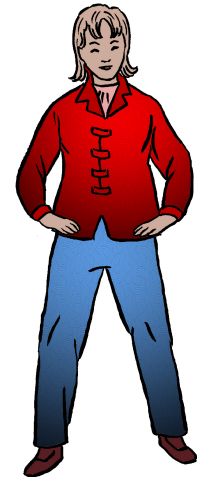
Opening Movement 3 - Embracing The Breath



Your breathing system performs about 20,000 breaths daily. Breathing deeply is more efficient. The body is able to fully exchange incoming oxygen with outgoing carbon dioxide. Deep breathing slows the heart rate, lowers or stabilizes blood pressure, and reduces stress.

Continuing from the last movement.

- The starting stance is the same as in the previous movement. The posture is relaxed.
- Rotate your hands so that your palms face down. Gentle force is applied downward as if you are pressing balls underwater.
- Your fingers point toward the center; your thumbs point to the waistline.



Part 1

- With your hands along the margin of your lower belly, place your hands about one fist width from your belly.
- Spread your arms apart, circling outward from the starting position. Your hands are facing downward.
- Apply gentle force with your wrists and the pinky sides of your hands.
- As you press downward with your hands, your body rises slightly.



Part 2

- Gradually return your hands to their starting position and lower your stance.
- Repeat the cycle (Part 1 -> Part 2).
- When ready, move on to the transition posture and Movement 1 - Calming the Shen and Regulating the Breath.

Transition Posture

- Rotate your hands so that your palms are up. Place your hands about one fist width from your lower belly. Your fingertips are about one fist width apart.
- Hold your arms as though your are holding (embracing) and lifting something with your hands.

Additional Information To Enhance Practice:

Practicing this movement cultivates the following Taiji Energies:

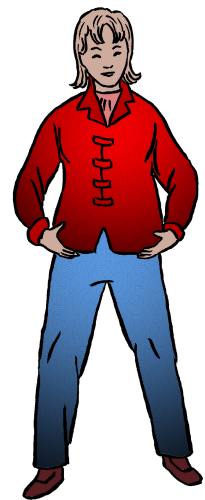
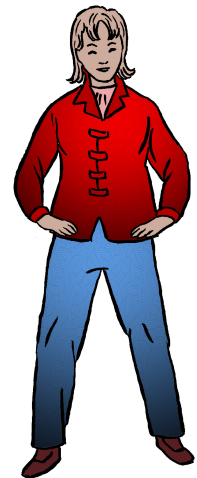
- Peng or Ward Off - Peng Jing is outward expanding and moving energy.
- Lu or Roll Back - Lu Jing is receiving and collecting energy, or inward receiving energy.
- An or Pushing - An Jing is a downward pushing energy/force.

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

- Ding or Settling at the Center.

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

1. Breathe into the Middle Dantian.
2. Extend Qi out from your Middle Dantian to the palms of your hands.



Practicing Embracing the Breath improves the depth of your breathing.

This movement is an opportunity to expand the capacity of your breathing. Our inhalation can expand our lower abdomen/lower back, mid-abdomen, lower ribs, mid-ribs and upper ribs.

Breathe slowly and deeply. Exhale as completely as possible.