

Pressing the Heavens with Two Hands

FPSW-1/2KB; Arms at sides = zero position

- a. Breathing in
 - Raise arms outwards and upwards, palms up
 - When above head, interlink fingers, touch thumbs; turn hands over; stretch up; rise on tiptoes
 - b. Breathing out
 - Unlink fingers, lower arms outwards and downwards, palms down; lower body onto feet and bend knees a little.
 - Interlink fingers below navel, touching thumbs, palms up
 - Bring hands up with fingers interlinked; keeping shoulders down'
 - When hands are at chest height, turn them over so palms point away from you
 - c. Breathing in
 - Raise arms over head and turn so that palms face up
 - Stretch; rise on tiptoes
- Continue repeating b and c odd number of times. Return to zero position.

Drawing Bow; Shooting Arrows

FPSW+1/2KB; Bring hands to chest height, left closer to body

- a. Breathing in
 - Form fist with right hand and funny shape with left; well-bent wrist.
 - Turn head to left as you pull back with right (bow) and stretch out with left (arrow);
 - Keep elbow of 'bow' arm down,
 - b. Breathing out
 - Return to starting position slowly and evenly - but with right hand closer to body.
 - c. Breathing in
 - Form fist with left hand and funny shape with right
 - Turn head to right as you pull back with left (bow) and stretch out with right (arrow)
 - eyes follow arrow finger;
 - d. Breathing out
 - Return to starting position slowly and evenly - but with left hand closer to body.
- Continue repeating a - d odd number of times. Return to zero position.

This exercise can be done bending knees during inhale cycle and standing straighter during exhale.

Separating Heaven and Earth (a)

FPSW-1/2KB; zero position

Cross hands at chest; left closer to body

- a. Breathing in
 - Arms out to sides, palms facing out; sense stretching from hands; wrists strongly bent
 - b. Continue breathing in
 - Rotate arms so that right is above head, palm up; left is below the navel, palm down.
 - c. Breathing out
 - Bend knees and bring back of hands vertically closer - upper to forehead; lower to solar plexus
 - d. Breathing in
 - Straighten legs back to neutral while separating hands vertically
 - Rotate arms 180 degrees; upper hand palm up, lower hand palm down
- Continue repeating c and d

(b) c(ontinue from 3a - when an odd number of both c and d completed)

- e. Breathing out
 - Bending knees, bring hands vertically closer; ascending hand is closer to body, moving closer to body than descending hand.
 - Ascending hand: fingers point upwards, hand rises to chest height. Descending hand simply turns over so that palm faces downward at around chest level, where both hands meet.

- f. Breathing in
 Straighten knees
 Descending hand continues straight down; ascending hand turns over, palm up, as it continues upward.
 Result is vertical stretch with stretch from hands.
 Continue, repeating e and f
 To finish, perform e. until hands are both at chest level; extend hands straight out to sides and lower them - to zero position.

Wise Owl Gazes Backwards (a)

FPSWKB

Place hands with backs of hands on hips - back of wrists against iliac crest - palms facing out

- a. Breathing in
 Move hands as though circling a basketball, as far 'behind' as comfortable, turning head to left
- b. Breathing out
 Move hands back to starting position, turning head to centre
- c. Breathing in
 Move hands as though circling a basketball, as far 'behind' as comfortable, turning head to right
- d. Breathing out
 Move hands back to starting position, turning head to centre
- Continue repeating a-d odd number of times; return to zero position

Wise Owl Gazes Backwards (b)

FPSWKB

From 2b, close arms so that hands are aligned in front of chest, left closer to body.

Shift weight onto right leg

- a. Breathing in
 Step directly forward with left foot - heel down first
 Slowly shift up to 70% of weight onto front leg - - at the same time:-
 Turn hips anticlockwise – sequentially: hips, waist, shoulders, neck - at the same time:-
 Separate arms - right forward; hand vertical, palm out, and left backward, hand vertical, palm out. Eyes look at left palm.
- b. Breathing out
 Slowly shift weight back onto right leg while rotating neck, shoulders, hips and arms back to neutral, ending with hands aligned in front of chest, right closer to body.
 Step back with left leg, so that feet are parallel, equal weight on each
- c. Breathing in
 Step directly forward with right foot - heel down first
 Slowly shift up to 70% of weight onto front leg - - at the same time:-
 Turn hips clockwise - sequentially: hips, waist, shoulders, neck - - at the same time:-
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 Separate arms - left forward; hand vertical, palm out, and right backward, hand vertical, palm out. Eyes look at right palm.
- d. Breathing out
 Slowly shift weight back onto left leg while rotating neck, shoulders, hips and arms back to neutral, ending with hands aligned in front of chest, left closer to body.
 Step back with right leg, so that feet are parallel, equal weight on each
- Continue repeating a-d odd number of times

Big Bear Turns from Side to Side (a) FSW+1/2 squat deeply - toes out a bit - deep horse stance

Bend over, hands on thighs, thumbs pointing back

- a. Breathing in
 Lead with head, rightwards and upwards, turning head and waist a bit
- b. Breathing out
 Return to centre, bent over
- c. Breathing in

- Lead with head, leftwards and upwards, turning head and waist a bit
- d. Breathing out
Return to centre, bent over
Continue repeating a-d odd number of cycles
- (b)** Continue from 5.a.
- e. Breathing in
Straighten back centrally - remain squatting
- f. Breathing out
Bend sideways to left, then downward and back to centre - bent over
- g. Breathing in
Straighten back centrally - remaining squatting
- h. Breathing out
Bend sideways to right, then downward and back to centre - bent over
Continue repeating e-h odd number of cycles
Straighten back centrally, rise, bring feet closer - to zero position

Bouncing on the Toes

FPSWKB

- a. Breathing in
Raise hands to sides and overhead, palms facing
- b. Breathing out
Bend forward from hips slowly until fingers touch floor (if possible)
Rub fingers against feet, around toes - inward to instep and back to outside just opposite instep
- c. Breathing in (to ease strain on back, rise by bending knees and sitting back before rising)
Slowly rise up, rubbing hands along outside of legs, then back to kidneys
Rise up onto toes, holding hands on kidney area
- d. Breathing out
Bend down, rubbing hands down outside of legs
Rub fingers against feet, around toes - inward to instep and back to outside just opposite instep
- Continue, repeating c and d.
Finish by rising slowly with hands separated; bring hands to waist height and then lower to zero position

Punching with Angry Gaze (a)

FPSW+ a bit KB

- a. Breathing in
Bring hands back to sides of chest in fists, forearms parallel to floor.
- b. Breathing out
Punch down with right fist, rotate hand so thumb forward position.
Lift arm to side until parallel with floor.
- c. Breathing in
Lower arm at side; sweep arm to front and up
Pull arm directly into start position.
- d. Breathing out
Punch down with left fist, rotate hand so thumb forward position.
Lift arm to side until parallel with floor.
- e. Breathing in
Lower arm at side; sweep arm to front and up
Pull arm directly into start position.
- Continue, repeating b-e odd number of times

(b)

- a. Breathing in
Punch down with both arms, rotating fists so that backs face forward.
Raise arms forward to shoulder height.
- b. Breathing out
Reverse action, lowering arms and then bringing fists back to starting position

Continue, repeating a and b odd number of times

(c)

- a. Breathing in
 - Punch down with both arms, rotating fists so that backs face forward.
 - Raise arms forward to shoulder height.
 - Turn fists so that backs face outward and open arms fully outward (don't overextend)
 - b. Breathing out
 - Lower arms to sides, maintaining fist orientation
 - Raise arms and pull in to chest - to starting position
- Continue, repeating an odd number of times

(d)

- a. Breathing in
 - Punch down with both arms, rotating fists so that backs face forward.
 - Raise arms forward to shoulder height.
 - Turn fists so that backs face outward and open arms fully outward (don't overextend)
 - Raise arms directly overhead, maintaining fist orientation
 - b. Breathing out
 - Lower arms to sides, maintaining fist orientation
 - Raise arms and pull in to chest - to starting position
- Continue, repeating an odd number of times

These may be done, bending knees during a. portion and rising during b. portion of exercise.

Touching Toes Then Bending Backwards

FPSWKB

- a. Breathing in
 - Raise hands to sides and overhead, palms facing
 - b. Breathing out
 - Bend forward from hips slowly until fingers touch floor (if possible)
 - Rub fingers against feet, around toes - inward to instep and back to outside just opposite instep
 - c. Breathing in
 - Slowly rise up, rubbing hands along outside of legs, then back to kidneys
 - Bend slightly backwards, pulling elbows together and pulling in chin
 - d. Breathing out
 - Bend down, rubbing hands down outside of legs
 - Rub fingers against feet, around toes - inward to instep and back to outside just opposite instep
- Continue, repeating c and d.

Finish by rising slowly with hands separated; bring hands to waist height and then lower to zero position

FP = Feet Parallel

SW = Shoulder Width

SW-1/2 = Shoulder Width and a half

KB = Knees Bent

Interesting ref:

<http://www.egreenway.com/taichichuan/esb.htm>



Funny Finger