

Shi Ba Shi Taiji Qigong

(Modified exercises from this system)

Exercise 2. Embrace the Mountain



2.1. Explanation

- 2.1.1. After standing quietly in the quiescent standing form posture with your feet shoulder width apart and parallel to the front, have both arms straight hanging down and relaxed, with your hands in front of the hips and with your palms facing down.
- 2.1.2. Move your weight back onto your heels, toes touching the ground but without any weight on them.
- 2.1.3. Raise your arms to shoulder height with your palms facing down, then turn the palms toward each other. Next open your arms to open the chest.
- 2.1.4. As you open your arms move your weight forward to Yong quan (Kidney 1 point) and feel your toes slightly gripping the ground.
- 2.1.5. Close your arms until your two palms are facing each other, then turn your palms down and lower your arms until they are in front of the hips again, repeat the exercise.

- 2.1.6. As you close your arms keep your weight on the front part of your feet on the K1 point, and as you lower your arms back to the hips move your weight back onto your heels.
- 2.1.7. The breathing for this exercise is - As you raise your arms and open them to open the chest, breathe in (use a long slow in breath), then breathe out as you close your arm and then lower them to your hips. (closing and lowering your arms is done with one long slow out breath.)
- 2.1.8. Moving your weight forward to your toes and back on to your heels only happens as you open and close your arms. When you raise and lower your arms the weight remains on your heels.
- 2.1.9. Repeat the exercise for 5 minutes. Make the in and out breaths even, long and slow.

2.2. Functions

2.2.1. TCM Functions

- 2.2.1.1. In Traditional Chinese Medicine (TCM) this exercise relates to the fire and earth elements and aids in regulating the Zhong qi of the chest and balances the lungs & heart qi.

2.2.2. Western Medicine Functions

- 2.2.2.1. This Qigong exercise is particularly useful in treating neurasthenia, insomnia, hypertension and relieving mental fatigue.