

## Zhan Zhuang Qigong Exercises

### Standing Qigong Postures System

#### 4. Massaging an Iron Ball (Ànmó tiě qiú)



##### 4.1. Explanation

- 4.1.1. There are two ways to set this exercise up, the yin version is by simultaneously bring both arms up the front to shoulder height with palms facing down, then turn your palms up as if to read a book.
- 4.1.2. Pull the elbow back and brush the fingertips passed SP 21 (Da Bao).
- 4.1.3. Rotate the arms outward in a circle and then bring them together to hold the iron ball, at the same time sinking down bringing the knees together.
- 4.1.4. The Yang version is by simultaneously bring both arms up the front to shoulder height with the palms facing down,
- 4.1.5. Then turn the palms out, rotate the arm outward in a circle around to the back then under the armpits passing and touching SP 21 (Da Bao).
- 4.1.6. Bring the arms to the front to hold the iron ball at the same time sinking down bringing the knees together. Keep the elbows outwards and down.

- 4.1.7. To close - simultaneously turn the palms downwards and pull them back and then press them down to the Dantian.

## **4.2. Functions**

- 4.2.1. Increases strength and flexibility of the knees, hips joints and the alignment of the back
- 4.2.2. Strengthens the sinews (the ligaments, tendons and muscles) and bones
- 4.2.3. Connects the Yin and Yang aspects of the six arm meridians
- 4.2.4. Develops self-awareness of blockages and disharmonies within the Meridian systems, which is identified by pain and discomfort.