“YI CHIN: (Change of Sinews)"

From Horse Stance, tongue up, attention on the Tan T’ien, head erect, eyes gazing to front. Hands resting, palms downward, on your thighs.

INHALE:    Raise hands upward to chest, palms forward & pulled back. Pull the elbows directly back until the hands are level with the chest, with palms still flexed, facing forward.

EXHALE:    Press flexed palms forward as if pushing a heavy door. Do not completely straighten your elbows. Move your arms and flexed palms out to the sides. Turn palms up and hold your breath for 5 slow counts.

INHALE:    Visualize the Chi (similar to a basketball) dropping down into your palms. Feel the weight and the heat of the Chi.

EXHALE:    With the Chi solidly in your palms, turn both palms over simultaneously sweep both hands down in front you your Dan T’ien and cross both wrists.

INHALE:    Turn both palms upward, and straightening the knees, swing the palms outward and up above the head while carving more Chi from the inside of your energy bubble.

EXHALE:    Slowly float both hands, fingers pointing toward each other, palms facing downward, down through the front of your body. You feel the Chi energize your body as your hands pass down. The hands come to rest on the thighs, palms downward.

Repeat several times.