

4. Swallow (Left and Right Tan Tien)

- Stand in the “embrace the tree” position. The arms are rounded, the chest is lowered.
- Inhale with the Dragon Sound; pull the anus and the left and right sides of the anus slightly upwards; feel the suction in the Tan Tien.
- Left side: the Lower Tan Tien Qi moves you from the lower lumbar spine to the left. Inhale without inhaling; feel the pressure of the Qi; hold this position for a while. Exhale with the Tiger Sound, push the Qi down to the left side and keep the anus slightly contracted.

Sink from the groin and feel how your left leg presses down to the earth. Feel a force rising up from the earth and a force pushing you down. Continue with the Dragon and Tiger Sounds and expand the pressure in the Tan Tien.

Inhale without inhaling, feel the Qi Pressure. Hold this position for a while.

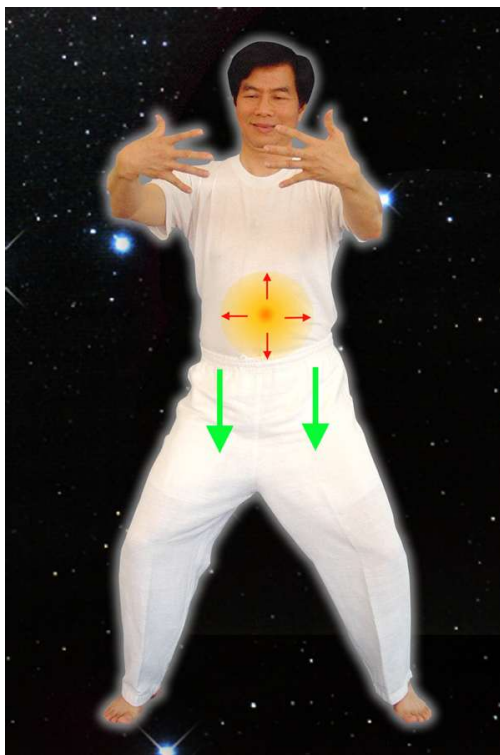


Fig. 4.30. Swallow embraces the tree .

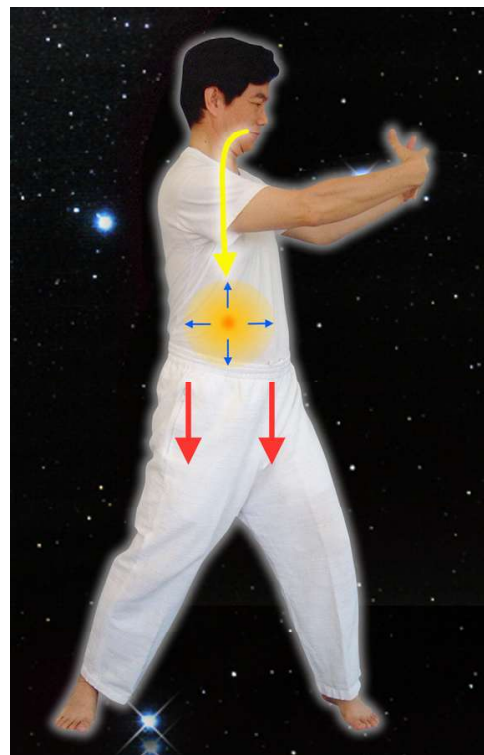


Fig. 4.31. Swallow moves to the left side.

- Middle: Turn ,embrace the tree’ arms, to the center. Do the same as on the left side. Inhale and pull the middle part of the anus slightly upwards with the Dragon Sound. Feel the suction in your throat and lower abdomen.
- Exhale with the Tiger Sound, push the Qi into the center and keep the anus slightly contracted. Sink from the groin and feel how your legs press you into the earth. Feel a force rising up from the earth and a force pushing you down. Repeat the Dragon and Tiger Sounds six to nine times and feel how the pressure in the Tan Tien expands and contracts. Inhale without inhaling and feel the Qi Pressure. Hold this position for a while.

- f. Right side: Turn ,embracing the tree' to the right. The right foot rotates 90 degrees and the left foot rotates 45 degrees to the right.
- g. Inhale with the Dragon Sound and pull the anus and the right side of the anus slightly upwards. Feel the suction in the Tan Tien.
- h. Exhale quickly, pull up the anus and the right side of the anus and push the Qi down into the right Tan Tien.

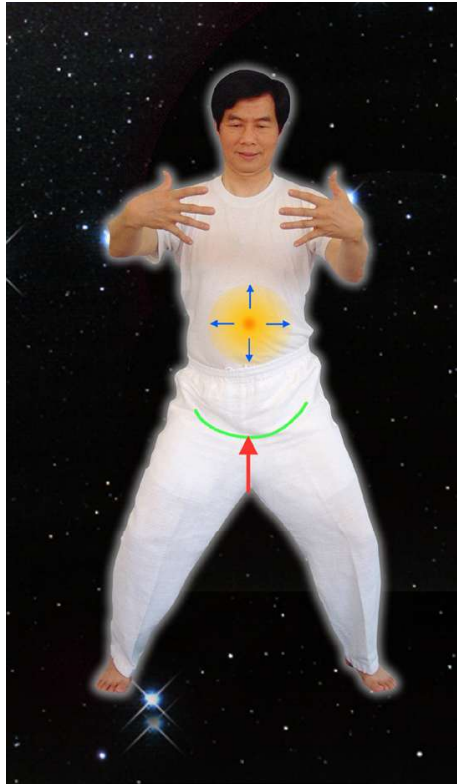


Fig. 4.32. Swallow expands the Qi Pressure in the middle Tan Tien.



Fig. 4.33. Swallow pushes the right leg into the earth and the Tan Tien expands.

The right leg presses into the earth. Again, feel a force rising up from the earth and a force pushing you down. Repeat the Dragon and Tiger Sounds six to nine times and feel how the pressure in the Tan Tien expands and contracts. Inhale without inhaling, feel the Qi Pressure; hold this position for a while.

This exercise is very important for your Tai Chi, especially for the Tan Tien form.

- i. Do the ending exercise.
Let the Kua sink down.

5. Dragon (Left, Right and Middle Tan Tien)

- a. Stand with your feet shoulder-width apart and your fists at hip height.
- b. Left side: Inhale with the Dragon Sound and feel a suction in your lower abdomen and throat. Move from the lower lumbar spine to the left side. Hold this position for a while.



Fig. 4.34. Dragon inhales.



Fig. 4.35. Dragon moves to the left.

- c. Exhale quickly with the Tiger Sound and pull the left side of the anus slightly upwards. At the same time, push your right fist down along your left leg towards the floor.



Fig. 4.36. Dragon exhales with the Tiger Sound.