

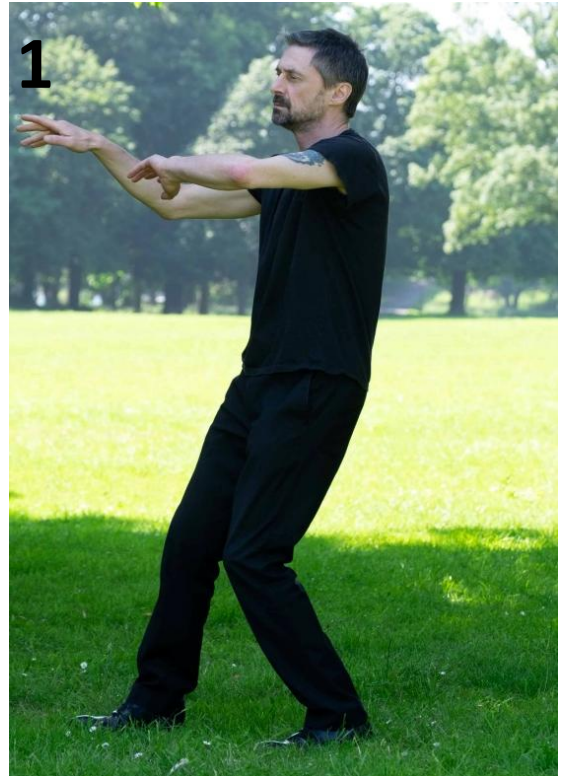
9, Fishes in Eight

1, Sit back ready

From 'Press', back weighted left leg.

Left arm folds inward, fingers pointing to elbow crease, palm faces East. Yang.

Keep p'eng in right arm, hand like Dragon's Mouth, yin hand points East.



2, Throwing the Qi

Bring right foot North as the body turns
Arms travel on absolutely across lung
with no dipping down to solar plexis
settling in right hand pointing towards
West, left hand North West.

3, Shifting weight.

Begin to pour the energy from left leg to right while drawing arms opposite chest. Keep the arms constantly at lung height. This transitional weight shift creates a momentary feeling of being equally weighted in both legs.



4, Throwing the Qi

This movement ends with the weight in the right leg
Left hand points East. Yin
Right hand North East. Yang.

