

Delightful Twelve Set, Exercise 2: Separating Yin from Yang

Keys to the Movements

- ☯ The ball position is a whole-arm ball, not just the hands.
- ☯ In the ball position: The shoulders are relaxed; the upper elbow is lower than shoulder; and the wrist is soft and curved.
- ☯ Feel the energy ball before going into the separation.
- ☯ Be sure when you have “separated the yin and the yang” that the elbows are still somewhat bent.
- ☯ Turn only your waist when you look at the top hand; don’t turn your hips or knees. This is very important for maintaining knee integrity.

Key Benefits

- ☺ Helps relax tense shoulders and necks.
- ☺ Builds the magnetic fluid aspect of Qi in your hands and entire body.
- ☺ Trains you to turn without damaging your knees.
- ☺ Brings your body’s energy field into a state of spherical unity.

The Exercise

Create a big ball with your arms in front of your torso. Right arm is on top at the chest, palm down. Left arm is on the lower belly, palm up. Simultaneously draw the right hand down and to the right side and the left hand up and to the left side. Follow the rising hand with your eyes by twisting your waist to look at it. **(Do not twist your knees.)** The right hand comes to face palm-down to the right of the right hip. The left hand comes to face palm up to the left of the head.



Draw the two arms and your torso back to the center to create another whole-arm energy ball, this time with the left hand on top.



Separate the Yin and the Yang once more.

