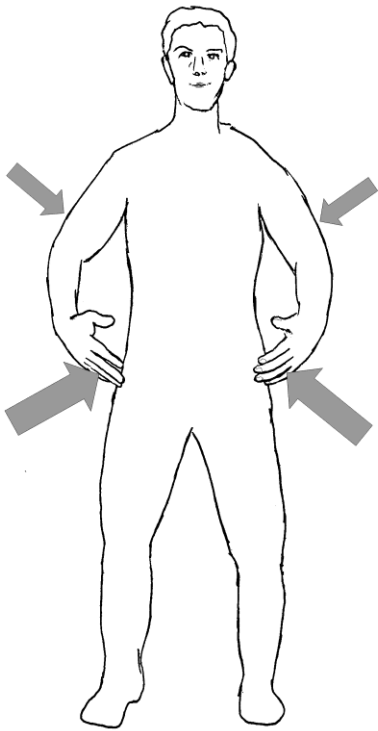
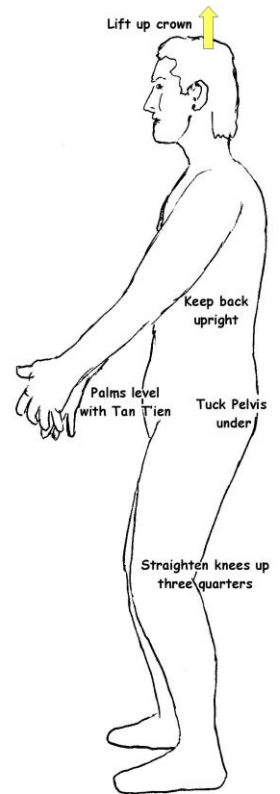
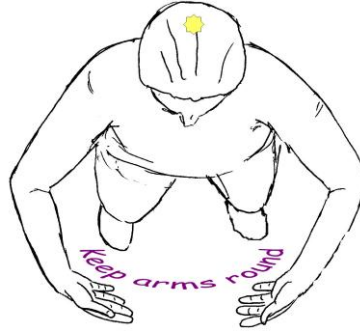


Jadestone Tai Chi Chuan

Fifth Standing Posture



Metal

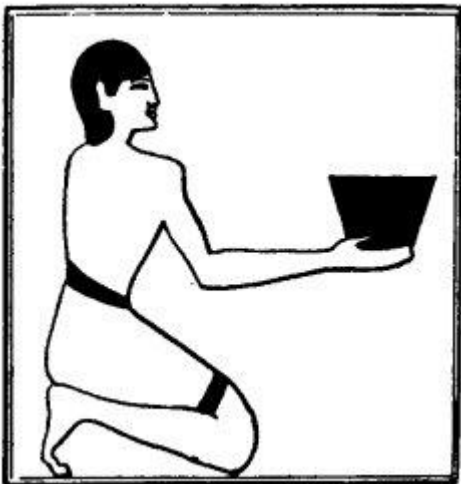


The fifth of the five standing postures is ***Metal***.

Bring your arms around to the front so that the palms of your hands are at the same level as your Tan T'ien.

Keep the shape of your arms and hands round as if holding an iron cauldron.

As you bring your arms around, raise your knees to be three quarters straight.



Imagine you are holding an iron cauldron and the autumn harvest is being brought in to fill it. Metal spades dig up the root crops, metal scythes cut the grain, metal hooks cut the fruit and metal barrows carry the produce in.

The flow of energy in this posture is from outside to the inside.

