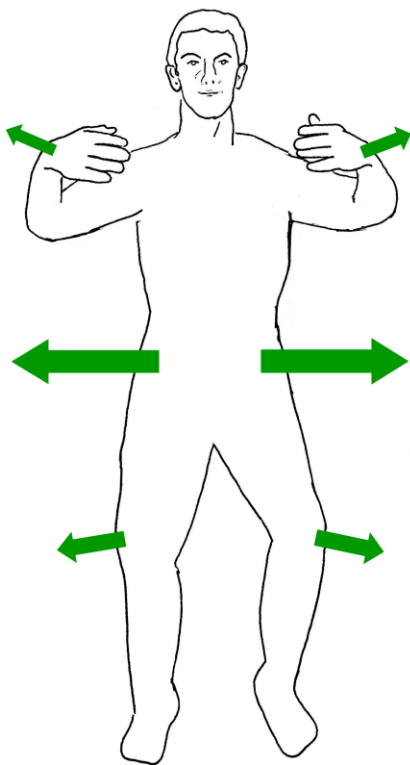
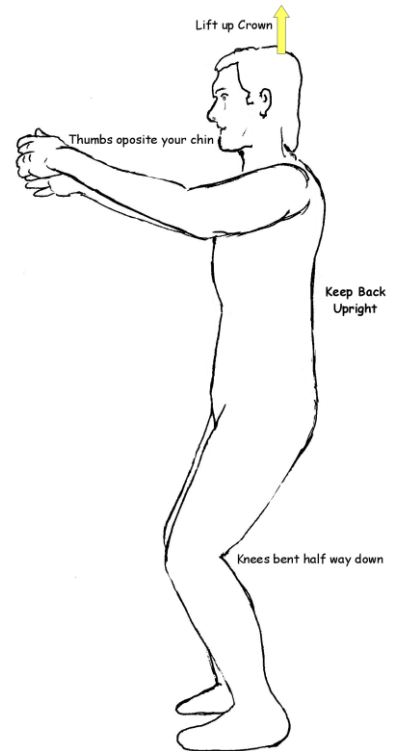
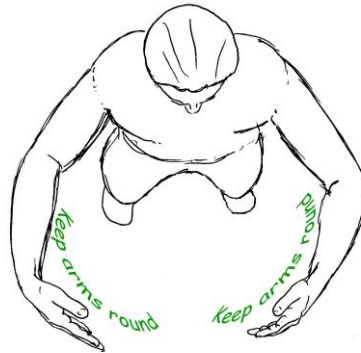


Jadestone Tai Chi Chuan



Second Standing Posture

Wood



The second of the five standing postures is *wood*.

Raise your arms up until your thumbs are level with your chin, forming a round shape as if holding a large ball.

As you raise your arms, bend your knees half as far as you are able to go. Keep your back and pelvis as for the first posture. You may find a slight tendency to lean backwards.



Imagine that you are like a tree bursting into new spring growth.

Everything in you is expanding and growing outwards.

New leaves are opening, flower buds are forming and a new layer of bark is forming around your trunk.

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

