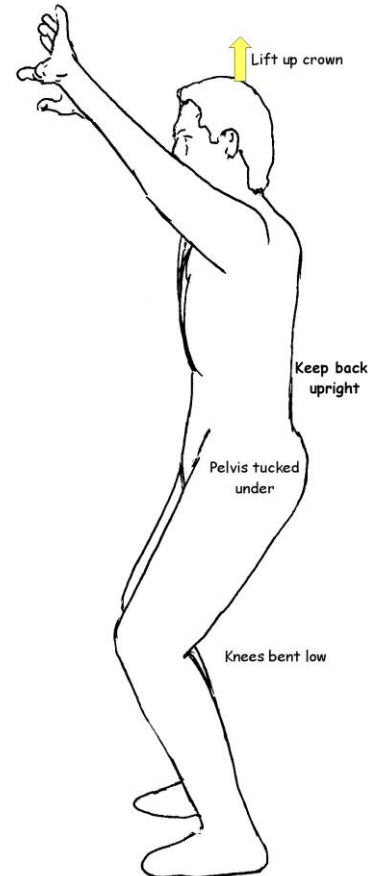
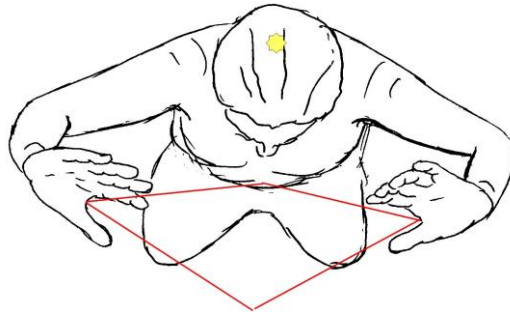
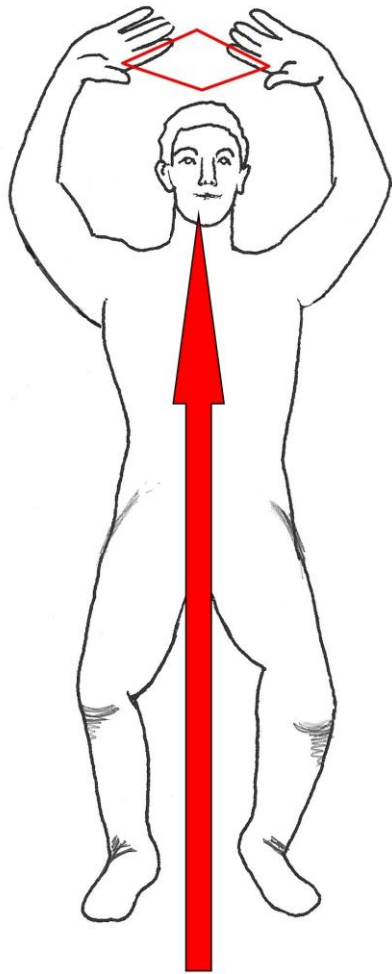


Jadestone Tai Chi Chuan

Third Standing Posture

Fire



The third of the five standing postures is *Fire*.

Raise your arms up to 45° from the vertical.
As you raise your arms, bend your knees as far down as you are able to go.

Although you should keep looking straight ahead, glance up and see that a diamond shape is formed between your thumbs and your index fingers.

Keep your back and pelvis as for the first two postures.

Imagine that you are on fire and that the flames and heat are rising up through your body into the summer sunlight above you.
Similarly, imagine incense burning between your feet and the sweet smoke rising up through your body into the air above.

The flow of energy in this posture is from down to up.

