

Da Wu 大舞

Da Wu is a health-preserving exercise whose mainstay is to soften joints, unblock channels and promote the circulation of qi and blood through the form of dance.

In the practice of Da Wu, the heart guides the dance postures, and the dance postures direct the movements of the whole body. It is simple and graceful, smooth and flexible, coordinated with mind and qi.

Natural breathing allows the chest and abdomen to expand, contract, rise and fall in combination with the pulling, rotating and stretching movements of the dance. This leads to natural regulation of the flow of qi, helping to soften and massage the internal organs.

	<p>Initial Stance (预备势)</p> <ol style="list-style-type: none"> 1. Feet together, raise hands palms up to diaphragm, rotate palms outwards and lift overhead, eyes looking up. (inhale) 2. Draw arms to center with palms down, press down to navel and bend legs, eyes looking forward. (exhale) <p>Lift the crown (baihui) and breathe naturally. Relax shoulders, waist and abdomen, allow qi to flow to lower belly (dantian).</p>
	<p>Movement 1: Hold Head High & Chin Up (昂首势)</p> <ol style="list-style-type: none"> 1. Open step, raise arms to ear level. (inhale) 2. Bend arms and legs, look up and curve tailbone backward. (exhale) 3. Stand up, look forward and raise arms to ear level. (inhale) 4. Close step, close arms over head and press down to navel. (exhale) <p>When arching back, squeeze shoulder blades, head and sacrum to centre point between shoulder blades (shendao). Improves functioning of the spine, heart and lungs.</p>
	<p>Movement 2: Open Hips (开跨势)</p> <ol style="list-style-type: none"> 1. Left bow step forward, circle hands sideways then forward and up. (inhale) 2. Follow with right toe placed next to left foot, draw hands inwards to head level. 3. Open arms palms up, left hand shoulder level, right hand head level, eyes looking at the left hand. Rotate the right knee outwards. (exhale) 4. Repeat the above with right bow step forward, movements reversed. 5. Repeat the above stepping backwards. 6. Stand up feet hips wide, look forward and raise arms to ear level. (inhale) 7. Close arms over head, then sit and press hands down to navel. (exhale) <p>When rotating the knee outward coordinate with turning of the hips. The arms form an arc and the palm of the back hand faces the back of the head (yuzhen).</p>

	<p><i>Movement 3: Extend Waist (伸腰势)</i></p> <ol style="list-style-type: none"> 1. Turn right foot inwards and left foot outwards 90° pivoting on the heel, palms together in front of diaphragm. 2. Bring left knee up and kick with heel, land forward in bow stance extending hands upward/forward, eyes looking up. (inhale) 3. Extend further by lifting back heel, eyes looking forward. (inhale) 4. Sit back with back leg deeply bent, lift front toe and straighten the leg, hands drawn inwards to chest, eyes looking up. (exhale) 5. Repeat steps 2, 3 and 4 again, without the heel kick. 6. Repeat the above on the other side. 7. Turn to front, feet hips apart, sit and press hands down to navel. <p>When stretching forward, form a straight line with arms, body and rear leg. When sitting back, turn big toe (dadun) of the front foot upward, at the same time thrust the hips out and lower the waist.</p>
	<p><i>Movement 4: Shake Body (震体势)</i></p> <ol style="list-style-type: none"> 1. Extend arms out to the side, palms down shoulder level. (inhale) 2. Sit down horse stance, bring arms down/forward with palms up. (exhale) 3. Clench fists with thumb inside, rotate fists until palms down, lift fists up beside ear over the head while lifting left knee up and hold. (inhale) 4. Gravity drop hands and foot down, back of hand between thumb and index fingers (hegu) hitting middle of outside thigh, leg swinging backwards 15°, step foot out big toe first, hands raised 45° to the side. (exhale) 5. Rotate body right and swing left arm forward in front to chest level (tanzhong), right arm backward to waist level (mingmen), both palms up and make fists, eyes on left hand. (inhale) 6. Rotate body to front and stab both fists into body at the dantian level while sitting down. (exhale) 7. Rotate body to the right and swing both arms outwards shoulder level and repeat from step 1 – 6 on the other side. 8. Stand up, close arms over head and press down to navel. <p>Take advantage of momentum to sequence from one move to the next.</p>
	<p><i>Movement 5: Rub Spine (揉脊势)</i></p> <ol style="list-style-type: none"> 1. Shift to left foot, right toe empty, swing left arm up and right arm across chest, palms down, eyes follow left hand. (inhale) 2. Continue motion lifting left arm overhead and bend torso to the right 45° to the right, right palm (laogong) close to side of chest (dabao), turn right knee outwards, eyes looking down to the right. (exhale) 3. Swing arms back, right foot step out to the right side, repeat above steps on the side. 4. Step out to hips apart, sit and press hands down to navel. <p>Swing the hips out when bending the torso.</p>

	<p><i>Movement 6: Swing Hips (摆臀势)</i></p> <ol style="list-style-type: none"> 1. Sit down with back of hands pressed together, look down with chin tucked in, extend and curve from the top vertebra down. 2. Stand up and straighten up from bottom vertebra up, fingers point up and press palms together at chest level (tanzhong) and sit down again. 3. Keeping knees and toes forward, shift and turn hips to left and extend palms forward to left. Repeat on the right. 4. Keeping knees and toes forward, circle both fingers and hips to the left, forward, right, back twice. Repeat in the opposite direction twice. 5. Separate palms and curl from last finger to thumb, slide hands to the back touching with back of wrist from below shoulder blade down along the side of the spine until top of hips (huantiao) while standing up. 6. Continue the motion and circle arms over head, sit and press hands down to navel. <p>Move hands and hips in the same direction, eyes following hands.</p>
	<p><i>Movement 7: Massage Ribs (摩肋势)</i></p> <ol style="list-style-type: none"> 1. Stand up and open arms sideways to shoulder level palms down. 2. Turn left toe inwards lift right toe up, turn right and raise left arm overhead palm forward. 3. Bend forward and touch right toe with left fingers, lifting right arm backwards palms up. 4. Bend right arm and touch side ribs, straighten up and take 4 steps backwards, with each step alternate the hands front/back. Repeat step 3. 5. Swing the left arm up, turn around, swing the right arm up and repeat from step 2-4 opposite direction. 6. Swing both arms up to shoulder level palms up, bring arms over head, sit and press hands down to navel. <p>When stepping backwards, rub hand from ribs (dabao) down to hips.</p>
	<p><i>Movement 8: Flying Stance (飞身势)</i></p> <ol style="list-style-type: none"> 1. Shift weight to right foot and raise left knee, raise arms sideways to above shoulders, palms down. (inhale) 2. Sit down and step forward with left foot, drop arms to waist level. (exhale) 3. Repeat 4 times, alternating steps. Last step finish with feet together. 4. Bend knees slightly and rotate torso right, raise left arm forward/up turn palm inwards, right arm backward/down palm outwards, turn and look back. (inhale) 5. Repeat steps 1 – 4, stepping backwards. 6. Stand up, close arms over head and press down to rest along the sides. <p>Do not move feet when rotating torso, rotation is centred on the spine.</p>
	<p><i>Ending Stance (收势)</i></p> <ol style="list-style-type: none"> 1. Feet together raise arms overhead palms facing down. (inhale) 2. Press palms down and turn inwards at the dantian. (exhale) 3. Repeat 3 times. <p>Pause for a while when palms are facing dantian, draw qi back to dantian.</p>