



Linda's T'ai Chi Weekly Handout October 3, 2021

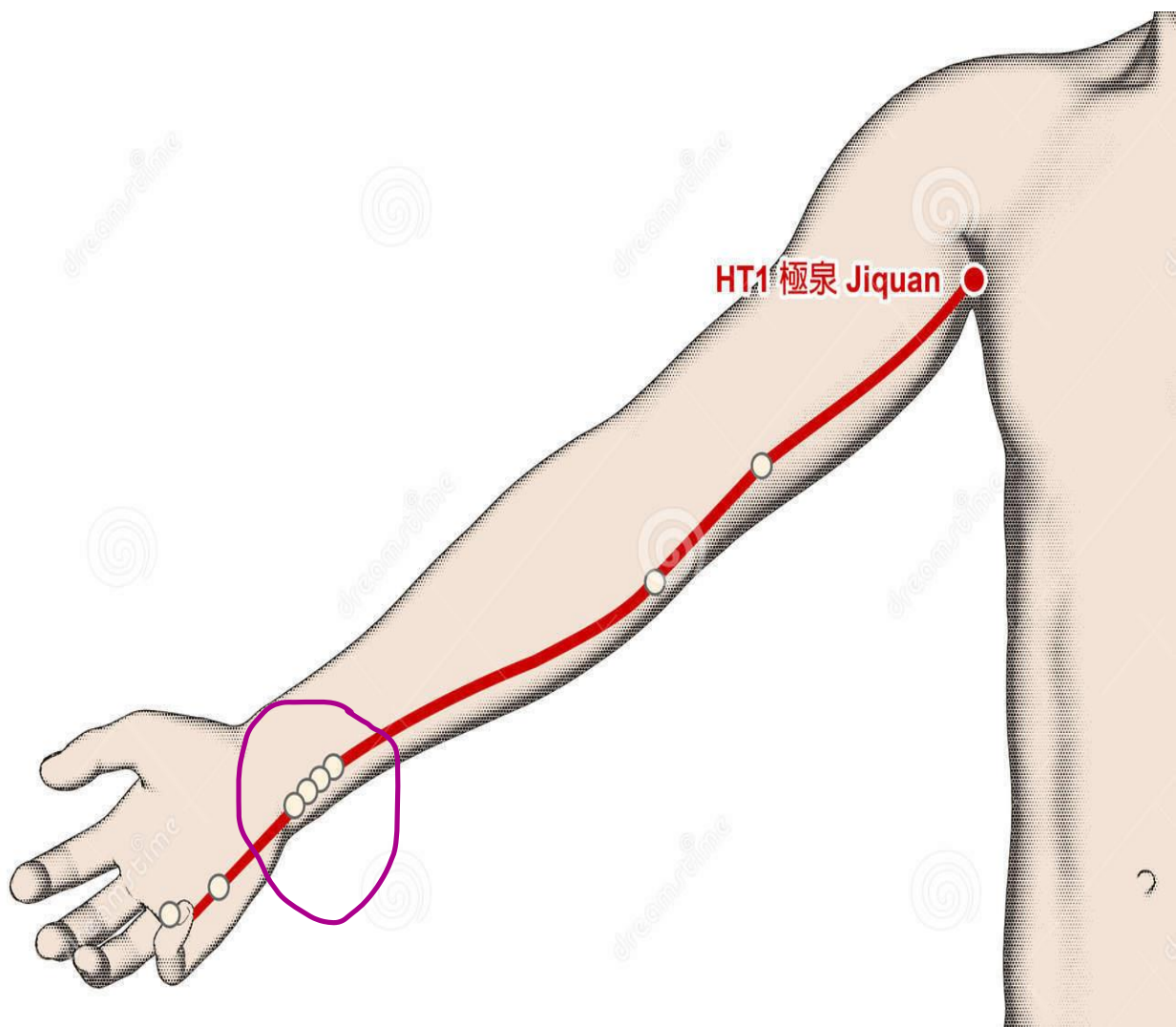
Separating Wild Horse's Mane



Yuan Dynasty 1271- 1368 Courtesy of the Metropolitan Museum of Art

Like the Tiger, the horse is considered a spirit animal in many cultures. It symbolizes power, beauty and freedom. It is high energy, active and spirited. The horse spirit is the part of you that encourages new journeys, adventures and a renewed sense of freedom. The Horse spirit calls on each of us to examine the balance between the instinctive adventurous part of ourselves and the tame part. The Horse spirit may signal change is coming our way should we choose to embrace it.

Separating wild horse's mane or parting wild horse's mane is a foundational posture found in all forms of T'ai Chi. It involves flipping of hands (one hand up and the other downward) circling under the elbow and crossing at the wrist or the heart meridian.



Jiquan(HT1, 极泉) is an acupuncture point in the meridian named Shaoyin Heart Meridian of Hand. Shaoyin is one of the levels in traditional Chinese medicine.

We perform “separating wild horse’s mane in both the slow set (set 3 and in our Tung Family Qigong set, Tiger Mountain.

In some forms this posture is performed with a roll-back – shifting weight to the back leg- but in the Tung family set, this posture is performed while keeping the weight forward. It is an advancing posture and powerful in its execution.



Korean art Jeju National Museum



Haniwa (clay) model of a horse 6th Century Japan



Ancient Greek Pottery

May your horse spirit lead you to new adventures, new journeys and freedom to pursue the spirit within you. Your tiger spirit will give you the courage.

Peace,

Linda