

Silk Reeling Exercises

1. Introduction

- a. Silk Reeling is pronounced with the accent on the second word – silk *reeling*
 - i. It is a metaphor for how silk has to be removed from a silk work
 1. The silk thread is held delicately but firmly
 2. There is high concentration
 3. A continual pull is needed without slacking or causing tension or the silk with snap
- b. Whatever exercises you choose to do, the following purpose should be the goal. Silk reeling meets these criteria
- c. Purpose
 - i. To warm up the joints
 - ii. It is not muscle oriented
 - iii. It is not a static stretch
 - iv. To increase sweat without increasing the heart rate
 - v. To “wring out” the muscles
 - vi. To work on starting to generate power that originates at the dantien

2. Silk Reeling

- a. Cloud hands
 - i. Overview
 1. This is a single hand and two hand set
 2. You are circling the hand(s) in front of you parallel to the body
 3. You start by making a square and then round the corners off to make a circle
 4. It improves:
 - a. Weight shifts
 - b. Posture (coordination between lower and middle dantien)
 - c. Depth in stance
 - d. Maintaining open gates (armpits, groin, elbow, knee)
 - e. Cycling of breathing with open and closing cycles
 - ii. Single Hand
 1. Right Hand forward



- a. Wide horse stance
- b. Left hand on oblique (right above waist)
- c. Weight on the right
- d. Right hand in front of right thigh, palm facing left
- e. Shift weight left and move your palm across
- f. Turn palm up and move to shoulder height
- g. Turn palm right and shift weight right moving across
- h. Bring palm in front of right shoulder, turn palm down, move hand down
- i. Repeat

2. Right Hand backward



- a.
- b. Weight left
- c. Palm down, hand up and to the left
- d. Push palm down
- e. Shift weight right pushing right with palm
- f. Turn palm up and push up to shoulder height
- g. Turn palm left, move across, and shift weight left

3. Left Hand forward

4. Left hand backward

iii. Two-handed

1. Palms always face the same direction pushing across the body
2. Weight shifts with body moving left and right
3. Upper hand leading



4.
 - a. Weight right
 - b. Raise left arm palm out
 - c. Push across to left
 - d. Right hand trails behind at height of dantien
 - e. Right palm rises and rotates around to push right
 - f. Left hand falls to trail behind and push right
5. Lower hand leading



6.
 - a. Palms still face same direction (L or R)
 - b. Lower hand pushes across dantien leading
 - c. Upper hand trails behind
 - d. Rear hand falls palm down to push back the other direction
 - e. Shift weight
 - f. Upper hand trails behind

b. Teacup Exercise

- i. This one is easier to watch than to explain
- ii. Goofy but correct:
 1. <http://www.theleanberets.com/teacup-mobility-drillgame/>
- iii. The purpose is:
 1. To move while maintaining connection through both feet
 2. To show how to extend fully by pushing through the tips of the fingers to allow the hand to stay flat.