

POSTURE 4

BUDDHA'S WARRIOR ATTENDANT POUNDS WITH PESTLE

JIN-GANG DAO DUI

This is the second *Jin-gang Dao Dui* performed in the *Taiji* routine under the order number 4.

1. *Cardinal directions of the body*

In the *Taiji* routine, this particular posture, as well as *Dan Bian*, *Xi-luo Ao-bu*, *Ye-ma Fen Zong*, *Juan Dao Gong* and *Shang-bu ai Xing Chui*, are oriented toward the four cardinal directions: east, west, south and north.

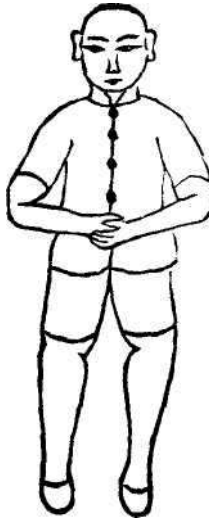


FIG. 1.4.1 BUDDHA'S WARRIOR ATTENDANT POUNDS WITH PESTLE
(JIN-GANG DAO DUI)

2. *Seveti'character line verse dedicated to the posture*

Face west, performing the posture a second time;
The torso first faces the northwest corner,
The upper and lower extremities move simultaneously;
The empty and solid are clearly recognized -
This is what you should keep in the mind.
Don't let the many details confuse you and obstruct the path.
The left side is empty, while the right is solid enough for
Bai E Liang Chi^[31]
To set up the posture try to embody these descriptive names;
Do not disturb the union of *shen* and *qi*.
If *shen* and *qi* flow continuously,
Arteries and veins will function properly to circulate blood.

When performed for the first time, *Jin-gang Dao Dui* faces north. This time, do it facing west. The reason for this change in direction is because the preceding *Dan Bian* (Posture 3) comes to completion with the left arm pointing west and the right arm east, so releasing *Zhong-qi* out completely.

When taking a step in *Jin-gang Dao Dui*, stop as if not-stopping^[32] look at the leading left hand and slightly above it while also being aware of the right hand and the area slightly below. Let both shoulders relax and hang down loosely. The left toes point north as in the preceding posture. To change the posture from a northerly to westerly direction both feet should not be positioned like the Chinese character 'eight.'

Now, lift the left toes and move them outward and westward, turn the left heel and so stimulating acupoint DA-ZHONG located beside the center of the heel. Once the left toes cross the invisible line pointing west, the left foot turns slightly inward before setting on the ground.

[31] The 'White Goose Reveals Its Wings' posture.

[32] Stop as if not stopping: this means that while your body stops moving, the internal movement of your mind never ceases to continue paying attention to all that is happening internally and externally.