

Silk Reeling Exercises

Silk Reeling Exercises in Tai Chi, also known as Chan Si Gong, are a set of repetitive spiral movement exercises with emphasis on --- the ground connection, waist connection, knee alignment, kua sinking, opening and closing of joints and *Dantian* rotation. These continuous spiral movements are the basic components and the foundational building blocks of Taijiquan. These exercises will increase the mobility of body joints and relax the muscles and tendons of the practitioner. The spiral movements will open up and exercise the 18 major joints (in sequence from the head to the ankles) of the body, promote muscle relaxation and flexibility, and reduce physical tension and strain.

"Coiling power (CHAN JIN) is all over the body:"



Silk Reeling exercises are great for loosening up the joints, enabling you to enjoy freedom of movement. Ultimately, they will also help to develop spiraling energy within the body. These silk reeling movements benefit the joints, sinews and muscles and improve circulation. The circular movements strengthen the connective tissues and increase the secretion of synovial fluid which lubricates the joints,

keeping them supple. People who have been practicing these exercises have reported better coordination and an opening up of shoulders, back and waist.

The silk reeling technique is an internal art of high degree. It teaches you to use an adequate amount of force to generate movements efficiently. It is an important training method for developing body awareness and coordination. It is a link between building and expressing Qi and Jin (force). Chan Si Gong gradually builds up your power through coordination, linking all the body's joints like a string of pearls. It teaches you the Tai Chi principle of moving the body as one unit. The Tai Chi classics state that *Jin* starts in the feet and is controlled by the waist and expressed by the hands. This explains the way that Tai Chi generates and releases power.

Some of the most common **silk reeling exercises** are:

- Single Arm - Front Circle
- Double Arm - Front Circle
- Single Arm - Side Circle
- Double Arm - Side Circle
- Peng-Lu (Left and Right Side)
- Peng-Lu-Ji-An Reeling Silk (Left and Right Side)