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Balancing Crane Exercise devised by Pat Corrigan Culotti

A Movement Pattern/Basic Move for practicing transitions to 70/30 Stance in traditional CMC form training

1. Start from Horse Stance --Center and Relax.
2. Bear Roots on left leg.
3. Right leg moves in an arc to side while keeping pelvis forward (discover range). Repeat arc min 3x's.
4. Add open left hip for larger arc of right leg motion ("Extreme Stable and Open"). Repeat min 3x's.
5. Land on Right heel, aim knee aligned with toes, relax whole foot down.
6. Practice transferring weight right and left, aiming knee in line with toes and keep body upright, repeat back and forth (min 3x's). Also consider adding slight rotation in hips while keeping knees aligned.
7. Commit to Right 70/30 stance by shifting and turning in on back left foot with slightly weighted foot pivot. Check length and width and adjust as necessary for proper right style 70/30.
8. Practice multiple left foot pivots in and out with body turn, keeping right knee and toe stable and stationary.
9. Forward Fold Right from 70% to 100% weight.
 - Sink back on diagonal keeping knees in line with toe.
 - Fold Left with 100% weight on left leg.
 - Return to 70/30 right side and
 - Repeat this sequence a few times.
10. Add Grasping Sparrows Tail sequence from Right Ward off to Push with hands to #9 and repeat a few times.
11. Sit back away from hands and began turning left as if beginning Single Whip then simply sit back bring feet to parallel and transition to other side.
12. Start from Horse Stance for other side.
13. Bear Roots on right leg.
14. Left leg moves in an arc to side while keeping pelvis forward (discover range). Repeat arc min 3x's.
15. Add open right hip for larger arc of left leg motion ("Extreme Stable and Open") Repeat min 3x's.
16. Land on left heel, aim knee aligned with toes, relax whole foot down
17. Practice transferring weight left and right, aiming knee in line with toes and keep body upright, repeat back and forth (min 3x's).
18. Commit to Left 70/30 stance by shifting and turning in on back right foot with slightly weighted foot pivot. Check length and width and adjust as necessary for proper left style 70/30.
19. Practice multiple right foot pivots in and out with body turn, keeping left knee and toe stable and stationary.
20. Forward Fold left from 70% to 100% weight.
 - Sink back on diagonal keeping knees in line with toe.
 - Fold right with 100% weight on right leg.
 - Return to 70/30 left side and
 - Repeat this sequence a few times.
21. Add Grasping Sparrows Tail sequence from Left Ward off to Push with hands to #20 and repeat a few times.
22. Finish in Push and complete Circle Hands/Cross Hands closing back to Horse Stance. Stand in Wuji.