

Extend Your Energy – Not Your Weight

I have been asked by Master Wang to write an article that I could share with my fellow students.

I have chosen to write about an area with which I have been struggling, and which I assume others have too. When I try to extend my energy out to a fellow player I tend to move my weight forward from the back leg to 50-50. But what then? How do I continue to increase my intent without venturing forward onto my front leg? How do I extend my reach without reaching out beyond my *bubble* of energy?



I believe that at the point of my maximum extension to 50-50 (or, ideally, even before that point), I must begin to reverse my direction and shift SLIGHTLY back but more importantly I must shift DOWN into my back leg. This keeps me from overextending. Instead of weakening my root, I am strengthening it. Yet it allows me to extend my energy further out toward my partner.

To get a feel for this I suggest the following: face your partner and place your body in the press or AN position like in the photo below. But don't stand in the 70/30 position (see picture), be further back on your back leg weight 50/50.

Now, how to keep pressing without shifting to the front leg? Sink down into your back leg slowly. As your weight sinks, without moving your hands, your body will slowly move DOWN yet extend your energy FORWARD through your hands at the same time. Your shoulders and elbows remain loose as they open to allow your hands to maintain contact with your partner.

You will have achieved a whole new range of influence on your partner without shifting onto you front leg. On the contrary, you have increased your ground connection by sinking down into the back leg.

I think of this energy flow as a curve much like the path of the sun. It starts with your energy in your back leg. It climbs like the sun at noon in the mid-sky to a point where your weight is 50-50. Then as the sun sinks back down to the horizon, you sink back down onto your back leg again to where you started.

This principle applies to both movements in the form where weight shift and extension are required as well as in search centre when pursuing your partner.

Just some reflections I offer for consideration and comments.

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