



## K'AI MEN

**K'ai Men** may be translated as Open Door and these exercises are sometimes called Taoist yoga. Each exercise takes a particular aspect of the practitioner's physical capability and explores its range in a short sequence of movements co-ordinated with the breath. This opens the joints, increasing flexibility without straining, and thereby strengthens not only muscles but also tendons, ligaments and bones. The opening of the joints improves the circulation and promotes relaxation and well-being. The exercises also allow the body to practise maintaining proper alignment while moving, which is of great value in the Form.

Start in Eagle, weight evenly balanced across all 9 points of the feet. Keeping your 10 points of external posture.

## 1 Start In Eagle

Start with your 9 points of the feet and 10 points of external posture evenly balanced.



## K'ai Men

### 2 Breath In

Step with your right foot into dragon, at the same time raise your right arm in front at shoulder height and place your left hand on your lower back. Circle the arms from the shoulders at the same time to be in place at the end of the dragon stance together.



## K'ai Men

### 3 Breath Out

Turn the body to the open side, using the centre in up and out expression, maintaining the legs and knees in alignment facing forward. Try to keep the hips from swinging out to the side, the movement comes from the centre, not the legs.



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## 4 Breath In

Return to the Dragon using the same central core action. Keeping the legs in line. Return with the hand in front of the shoulder.



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## 5 Breath Out

Return back to eagle with your hand by your side.

Repeat on the other side



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6 Breath In

Extension

Same as before step forward into Dragon, arms in the same position.



## 7 Breath Out

This time as you turn to the open side , you also drift back into Duck stance. As you use the center to initiate the turn make sure you extend through from the Centre up and out through the shoulder and into the arm, as you drift back into Duck stance.





## 8 Breath In

As you turn the body back make sure you use the same impetus for the movement, up and out from the center , to turn the body back to face the front and back to the dragon stance.

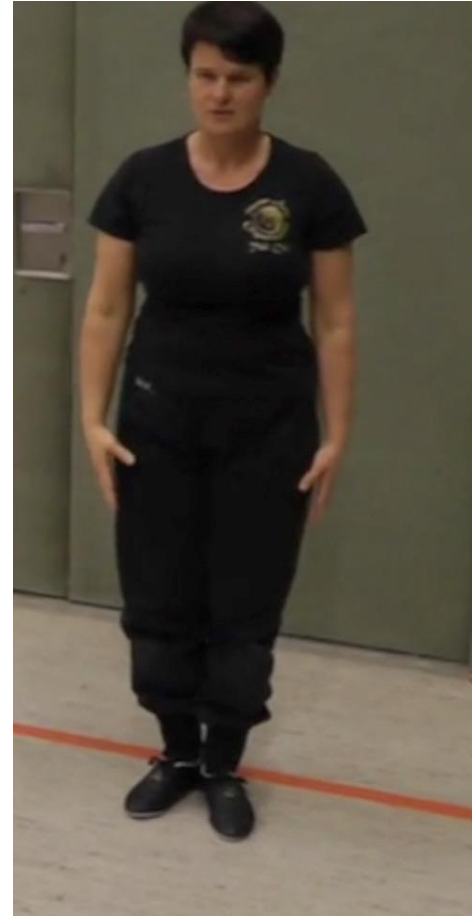


K'ai Men

## 9 Breath Out

Return back to the eagle stance.

Repeat on the other side.



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### Benefits

Good for developing central core movement, Core strength

Upper thoracic flexibility and elasticity.

Also used for understanding movements in the Tai Chi.