Reeling silk skills (chan si gong) is an exercise found exclusively in the Chen style Taijiquan system. It consists of spiral movements combined with the internal flow of intrinsic energy (qi) and the external motion of rotation.

After practicing these exercises for a period of time, one will be able to develop real energy (zhen qi) to open the eight channels, to improve the yin and yang balance of the body and to smooth the flow of blood. The exercises internally help the mind to lead the qi and externally help strengthen the body. When the qi rises, the arms turn and the wrists twist. When the qi lowers, the knees turn and the ankles twist. When the qi is in the central portion of the body, it passes in a spiral through the chest, waist, abdomen and kidneys. The qi also revitalizes and exercises the eighteen major joint areas of the body: shoulders, elbows, wrists, hips, knees, feet, chest, ribs, waist, abdomen and kidneys; thereby gradually harmonizing the internal and external. The entire body will eventually become a resistant "qi sphere" reaching a balance of yin and yang.

When practicing chansigong, the entire body must have circular motion. This type of motion is controlled by the mind/intent. It is expressed from the inside as segmented twists and turns which are mutually related. The motion cannot be defined as a single chaotic motion. Whenever performing a single chansigong exercise, the intent/mind emits from the center to various parts of the body; at the same time, the external shape gradually combines with the mind and qi, and the internal qi slowly flows to set targets in the body. This will thereby allow the blood to flow smoothly throughout the body, opening up the meridians and strengthening the muscles. This will produce an agile and flexible body. With long practice one can obtain a strength which is ever changing and improving. This is very important to the practice of boxing basics.

In order to properly perform the chansigong, one must stand in the wuji (void) stance and focus on the dantian (focal point of abdomen) from 3-9 minutes. Afterwards, rub the face and abdomen.

The following exercises can be practiced from the beginning to end or in sections. One can also practice according to one's own needs by selecting individual movements. Should the entire set be performed, each individual exercise must be repeated at least nine times or more. There is no limit to the repetitions.

The following introduces each exercise for the practice of chansigong.
1. TURNING THE HEAD
From the wuji stance, place the hands on the waist while turning the head levelly to the left and right. The movement must be smooth and even; the head and shoulders must maintain a straight posture completing the exercise a number of times, conduct the closing exercise.

CLOSING EXERCISE
The body is natural and relaxed (Figure 1-2). The face looks forward. Place the hands in front of the abdomen. The arms move in an upward arc to the sides of the body; following, the hands pass the front of the face, the chest and then the hips. The palms face down and the fingers point to the front. The qi slowly sinks down and the spirit is concentrated inward (Figure 3-6). After calming down a while, return to a normal mind set.

2. REVOLVING THE NECK
From the wuji stance, place the hands on the waist; relax the neck to allow the head to softly and gently bend forward, to the left, to the rear, and then to the right (Figure 7-10). The head should turn clockwise for a number of repetitions and then counterclockwise the same amount. The movements must be even, continuous and natural. The upper body should not bend too far. The qi and head movements should be united while performing this exercise. The inside of the body should have a comfortable feeling while performing. The exercise can naturally stop at any moment. When completed, conduct the closing exercise as described in movement #1.

3. REVOLVING THE SHOULDERS
A) Left and right revolving shoulders: From the wuji stance, the hands form loose fists. The upper body slightly turns to the right and left shoulder angles to the front causing the shoulders to sink down. Concentrate the qi downward (Figure 11). Revolve the left shoulder up and to the rear while relaxing the shoulder; the right shoulder slightly lowers down at the side (Figure 12). Continue this motion a number of times; afterwards, change the direction to the front, then down, to the rear and finally upward. The figures demonstrate the revolving of the left shoulder;
the right shoulder is just the same as the left (Figure 13-14). After completion, perform the
closing exercise.

B) Double shoulder revolving: From the wuji
stance, step the right leg to the right a half step.
The knees should bend slightly and the fists are
placed alongside of the thighs. The chest is sunk
and the shoulders are rounded. The qi is lowered
downward (Figure 15). Gradually expand the
chest while the shoulders turn in a circular fashion
from the front, upward and then to the rear. The
arms are bent at the elbow and the fists are lifted
up to the waist (Figure 16). After practicing this
movement a number of times, the shoulders turn
in a circular fashion from the front, downward,
to the rear and then up. When performing this
exercise, the body must be relaxed. The shoulder
and elbow joints rotate naturally. Breathe
naturally, and upon completion perform the
closing exercise.

4. PRESSING THE SHOULDERS TO THE FRONT
AND REAR
From the wuji stance, the right foot steps forward
a half step and the knees bend slightly. The
weight is placed on the left leg. The hands form
fists. The arms quickly rotate out to the sides.
The shoulders press to the rear. The palms of
the fists turn upward. The upper body expands
out as the shoulders press back. The eyes gaze
forward (Figure 17 and front view). Continuing
from the above movement, the arms revolve
inward and the chest is sunken inward. The
shoulders press forward. The palms face to the
rear. The eyes gaze down (Figure 18 and 18
side view). Next repeat the sequence with the
left foot forward. Upon completion, perform the
closing exercise.

NOTE: Beginners should not use any force when
performing this exercise because they do not have
enough inner qi developed. By using force, one
may seriously injure the body and the qi. Slowly
practice these movements and calmly nurture the
qi. Maintain a natural motion for each part of
the body in order to harmonize the internal qi
which will then naturally increase giving way to
"fa jing" (release of energy.)
5. **LEFT AND RIGHT ARM CHAN SI**
   Left arm counterclockwise chan si: Begin in the wuji stance. The right hand is placed on the waist. The left foot takes a half step to the left. The toes of the left foot are turned outward. The left arm twists outward while the left hand turns upward to the front of the right shoulder. Following, the front of the left arm twists inward while the left hand is levelly pulled in an arc to the left. At extension the front of the left arm twists out slightly and the left hand lifts up. The body weight should shift with the movement of the left arm (Figure 19-22).

   The right side is conducted in the reverse fashion of the left (Figure 23-26). After performing a number of times, conduct the closing exercise.

6. **LEFT AND RIGHT ARM SPIRALLING CHAN SI**
   Left arm spiralling chan si: Begin from the wuji stance; the right hand is placed on the waist. Bend the knees slightly and shift the weight to the right a bit. Twist the left arm outward while the left hand spirals counterclockwise up to the front of the chest. The palm faces up; afterwards, the left leg takes a step to the left side, bend the knee to form a bow, step, and twist the left arm inward. The left hand straightens to the lower left front with the palm turned upside down to face up. The eyes gaze at the left hand (Figure 27-29).

   The movement for the right hand is the same as the left, only the directions are changed (Figure 30-32). Conduct the closing exercise upon completion.

7. **LEFT AND RIGHT ARM SPIRAL CHAN SI**
   Right side double arm spiral chan si: Begin in the wuji stance; the right arm rises with a bent elbow, followed by bending the wrist. The back of the hand slides down to the side of the right ribs. Afterwards, the upper body turns to the right; the right leg steps to the right a half step, and the knees bend forward. The palm of the hand is turned over to face to the rear. The left arm twists outward with a bent elbow, as the left hand is raised to the left side of the head. The palm of the hand faces to the left. The eyes gaze at the right hand (Figure 33-36).
Left sided double arm spiral chan si: Shift the weight to the right leg as the upper body slightly turns to the left. The right arm twists out with a bent elbow. The right hand rises to the right side of the head. The left hand bends at the wrist as it slides down to the left side of the rib cage. Afterwards, the left leg bends and the palm of the hand faces to the rear. The eyes gaze at the left hand (Figure 37-38). Practice both sides by connecting the movements with Figure 35 and alternate. Perform this sequence many times in order to allow the qi to flow smoothly and to naturally relax the body. Perform the closing exercise.

8. DOUBLE ARM CHAN SI

Begin in the wuji stance. The right arm twists inward while the right hand slowly straightens to the upper right; afterwards, the right hand follows an arc down to the front of the left hip as the right arm twists out. The palm faces to the left and the fingers point to the lower front. The left arm twists outward as it is lifted upward with a bent elbow. The left hand arrives at the front of the right shoulder; the palm faces to the right and the fingers point up. The body turns slightly to the left. The toes of the right foot turn out and take a half step out. The eyes gaze to the right (Figure 39-40). This completes the clockwise chan si.

The right arm twists inward and the body slightly turns to the right. The arm pulls to the upper right. At the same time, the left hand is placed on the inside of the right elbow and makes an arc down to the outside of the left hip. The left arm is below the right while they pull apart. Attention must be paid to not hold the breath. The breathing must be natural. The shoulders should be relaxed and rounded (Figure 41). This completes the counterclockwise chan si. To repeat on the opposite side, open the step to the left and begin to repeat the motions on the opposite side (Figure 42-44). Perform the closing exercise when finished.

9. DOUBLE ARM DIAGONAL OPENING AND CLOSING CHAN SI

Begin in the wuji stance. Open the toes of the left foot out and place the right foot forward.
The sole of the right foot is empty. The left arm bends at the elbow while the left hand rises to the front of the chest. The palm is cupped with the fingers pointing down. The right arm twists inwards as the right hand passes the outside of the left arm to rise to the upper left. Afterwards, the front arm twists outwards while pulling above the right shoulder; the palm faces to the front and the tiger's mouth faces down. The left arm twists out while the hand moves in an arc to the left, to the rear and then to the side of the ear. The palm faces up to the front and the fingers point to the rear. The right arm continues twisting outward while the right hand straightens to the rear alongside of the body and then turns in an arc to the front. The palm faces up and the fingers point forward. The eyes gaze to the front (Figure 45-47). After performing this sequence a number of times, place the left foot forward and repeat on the opposite side (Figure 48-50). Perform the closing exercise.

10. DOUBLE ARM STRAIGHT SPIRAL UP CHAN SI
From the wuji stance, the knees slowly bend and the arms twist out. The hands straighten to above the head while passing the front of the abdomen. The legs gradually straighten as the hands rise up. The arms twist inwards as the hands slowly lower to the front of the abdomen moving along the side of the body (Figure 51-54). The movements must be smooth and expanding. After practicing a number of times, perform the closing exercise.

11. DOUBLE ARM STRAIGHT SPIRAL DOWN CHAN SI
From the wuji stance, twist both arms out while raising the arms up along the sides of the body. The wrists are bent and the fingers of both hands first pass the front of the face and then lower down to the front of the abdomen. The legs slowly bend down. The backs of both hands touch each other. Following, slowly divide the hands downward to the sides of the hips. The palms face down and the fingers point forward. The eyes gaze to the front (Figure 55-58). When the movement is practiced continuously, the legs should straighten and the hands move to the position shown on Figure 55. Perform the closing exercise upon completion.