

**Fig. 21. The Neck Sweep (Broad Brush)**  
The right hand in this drawing is doing the Neck Cradle  
immediately after the left hand sweeps the neck



**Fig. 22. The Neck Sweep (Broad Brush) Hand Movement**

### *The Neck Cradle*

While sweeping her neck with our Yang hand we should also cradle and support our lover's head with our Yin (opposite) hand. The Yin hand (the right hand in the illustration) cradles the neck under the occiput (back of the head), allowing as much of the head and face to rest on our left forearm as possible. Just as we are finishing the neck sweep with our Yang hand, the fingers of our yin hand pull perpendicular to the tendons on either side of her neck, parallel to the back of her hairline. We are actually squeezing the back of her neck with our yin hand a split second after the Yang hand sweeps the neck.



Fig. 23. The Neck Cradle



Fig. 24. The Neck Cradle Hand Movement

### *The Spider Sweep*

The Spider Sweep is a Narrow Brush Qi Release technique that is different than other Narrow Brush techniques in that it is done rather quickly. The Spider Sweep extends our lovers neck and reinforces her natural curve there. When we do the Spider Sweep we articulate each vertebra in her neck encouraging them to move independently. We cradle the back of her head in our palms and roll our fingertips

*Crane Exposes Her Neck*

Our partner is laying face up. From our position standing at our partner's side, we lightly bite or suck her opposite nipple. Our arms can be above or below our lover's body, i.e. on top of her or between her body and the table. Either way, our hands meet at the high point of the shoulder muscle *jianjing* / *gall bladder 21* called "shoulder well". From *jianjing* we Bone Wash with our fingers, releasing the tension in her shoulder by moving our hands apart. One hand moves toward the head and the other hand moves toward the shoulder. The area between the spine and the shoulder blades on the side closest to us can be released also.



Fig. 30. Crane Exposes Neck—Arms Above



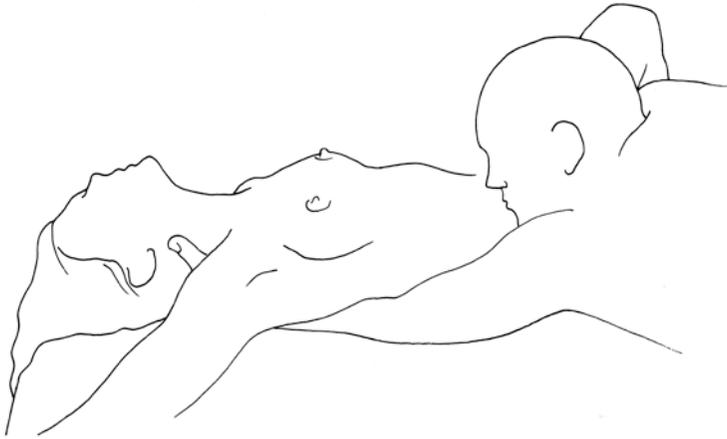
Fig. 31. Crane Exposes Neck—Arms Below  
The hands move away from each other



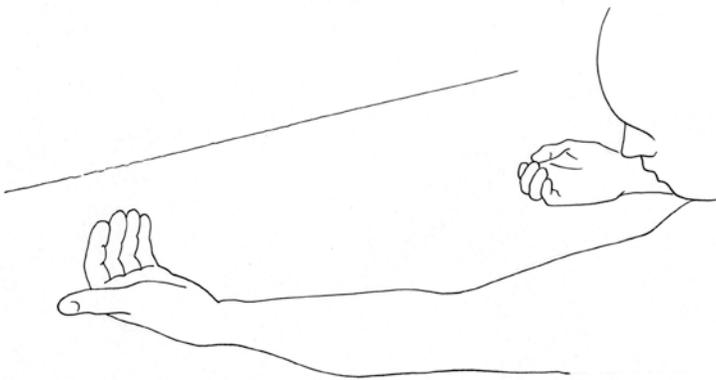
Fig. 32. Crane Exposes Neck—Arms Below

*The Serpent Stretch*

While doing the Serpent Stretch we make sure that our partner's back and the table below her are both well oiled.



**Fig. 47. Serpent Stretch from the Side**  
One hand Bone Washes up or down the spine while  
the other cradles or pulls on the sacrum



**Fig. 48. Serpent Stretch from the Side Hand Positions**  
The right arm is between her legs, reaching up and pulling down on her  
sacrum as the left hand Bone Washes up or down the spine