

JEAN-BAPTISTE DURET · PROTOCOL

# The tiger pounces on its prey

A qigong gesture and a visualisation to turn stage fright into energy for action



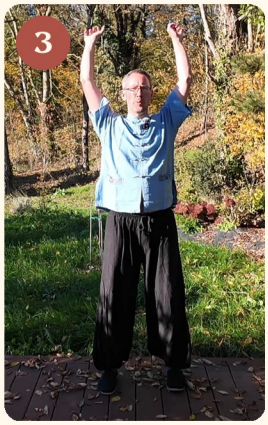

### Ground

Feet hip-width apart, knees slightly bent. Feel the ground and breathe.



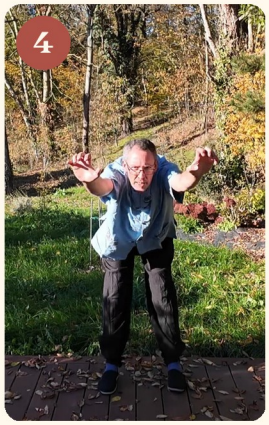

### The claws

Curl your fingers into "tiger claws" (Hu Zhua) and raise them towards your chest.




### Breathe in, arch

As you breathe in, your hands rise past your shoulders; your back arches slightly to gather strength.




### Pounce, seize

As you breathe out, lean forward and seize your goal with your claws.




### Draw in, release

Draw your goal back to you using your lower back, then release everything.

## 1 · The supporting movement: Hu Pu

**Starting posture:** plant your feet firmly on the ground, knees slightly bent, and form "tiger claws" (Hu Zhua) by curling your fingers with some tension.

**The action:** breathe in deeply as you raise your arms and slightly arch your back to gather energy, then breathe out strongly as you lunge forward, as if seizing your goal.

**The intended effect:** the tension in the fingers and the toned out-breath engage the body in a controlled way; stage fright becomes energy for action.

### When to practise?

Practise it outside moments of stress, doubt or pressure, when you are rested and relaxed. You will then be able to find it again in a few seconds, on the day you need it.

## 2 · Make the visualisation more real

In sport psychology, the PETTLEP model (Physical, Environment, Task, Timing, Learning, Emotion, Perspective) makes visualisation more effective by bringing it as close to reality as possible. Four of its keys, applied to the tiger:

### P Physical

Visualise during or just after the actual tiger movement. The muscle memory of the posture strengthens the mental anchor.

### E Environment

See yourself in the exact place of your challenge (stage, exam room, meeting…) while keeping the tiger's attitude inside.

### E Emotion

Link the tiger's fixed, piercing gaze (the Shen, in qigong) with a feeling of calm and certainty that you will reach your target.

### P Perspective

Alternate the inside view (power in your back, your footing, warmth in your hands) and the outside view (seeing yourself move forward without hesitation).

## 3 · The 3-minute protocol

MINUTE 1

### Grounding

Do the tiger movement three times, slowly, feeling how stable your feet are on the ground.

MINUTE 2

### Visualisation

Close your eyes. See your goal as a clear target in front of you, then imagine your tiger movement crossing the space and reaching it with precision.

MINUTE 3

### Trigger

Make the claw gesture one last time as you breathe out. This micro-gesture can then become a discreet anchor, just before the challenge, to find this state of confidence again.

## Going further: the five animals



**The tiger**
courage, assurance



**The deer**
majesty, liveliness



**The bear**
quiet strength



**The monkey**
playfulness, agility



**The crane**
grace, elegance

### At your own pace

A wellbeing practice, not a treatment. Adapt the range of the movement to your body and stop if you feel any pain.

### Find Jean-Baptiste

YouTube · @jeanbaptisteduret

jeanbaptisteduret.com

Based on the video "Confiance en soi : 3 piliers d'action" (English subtitles)