Opening Exercises
WuJi Check-in: observe body, breath, and mind
Shaking Heaven to Earth
Knocking the Gate of Destiny/Ringing the Temple Gong
Stretch DuMai, Ren Mai, and Supplement DanTien
WuJi Check-in: observe body, breath, and mind

Theory
The characters for “QiGong”
The old term for Qigong is _________________
Other terminology you may hear in Chinese Medicine and Martial Arts
Tu Nu _______________ Nei Gong _________________
Yang Sheng _________________

History of Qigong practice
• Wu Yi
• Fang Shi
• Dao Yin Tu – from Ma Wang Tui (168 BCE)
• Huang Di Neijing – Chapter 12
• Dao De Jing – Chapter 10
• Zhuang Zi – Chapters 4 & 15
• Hua Tuo – Five animal frolics
• Sun Si Miao – 6 Healing Sounds
• Daoist Schools
  Dao Zhang
  Xian

• Buddhist Schools
  Yi Jin Jing/Shi Shui Jing
  Yoga connections

• Modern Era
  “Fakirism”
  Medical Qigong: 1936 Dong Hao _________________
  1959 – National Qigong Conference
  1999 – Falun Gong
Qigong is important for students of Chinese Medicine because:
- Personal ___________________
- Experiencing ___________________
- ________________ Exercises
- Increased _____________________

Three aspects of “Mudra”
1. 
2. 
3. 

To Tonify with Qigong postures
- Breath:
- Body/Hands:
- Mind:

To Disperse with Qigong postures
- Breath:
- Body/Hands:
- Mind:

**Qigong Prescription Exercises “basic three to move qi”**

Pulling down to disperse
- Exhale longer than inhale – visualize energy descending, and/or leaving the body.

Raising up to tonify
- Inhale longer than exhale – visualize energy from the earth rising up and filling the body/organs.

Stretching up to harmonize
- Inhale and exhale equalized – visualize energy coming into balance.
Schools of Qigong

Martial

Medical

Spiritual

The Three Treasures

Jing

Qi

Shen

The Three Powers

Heaven

Earth

“Person”

The Three Regulations

Body

Breath

Mind

The Wu Zhang Dao Yin – Daoist Five Yin Organ Qigong, or “Daoist 5”
Qi Scattering Exercises:

Counter-swing:

Stand with the feet shoulder width apart. Inhale and bring your arms up at the sides of the body, exhale twist and swing one arm in front, one arm behind, then reverse sides. Repeat about 18 times.

As you inhale, imagine drawing pure Qi up from the Earth, as you exhale, imagine purging out dirty Qi which flows like water out through your hands. Visualize your energy getting cleaner and cleaner until, by the last time it is perfectly clear.

Dropping Post:

Stand with the feet together. Bounce on the heels and send vibration through the ankles, knees, hips, and shoulders. Then lift up and drop/bounce 3 times. Repeat for three sets.

Imagine as you vibrate the body that any stagnation is being broken up – then, as you drop down, feel as if stagnant energy is shaken off of the body and wei qi.

Trembling Horse:

Stand in horse stance. Inhale and begin to shake and vibrate from the fingers all the way up the arm. Exhale and shake from the shoulders down to the feet.

This exercise is named after the action that a horse can do to move it’s skin when a fly or insect gets on it. You should feel that type of trembling ripple through you. With each exhale, feel that you are strengthening the wei qi and that any toxic or negative energy is thrown off the body.

Preparatory Exercises:
Swaying the arms while “beating and drumming” the Qi

Stand with your feet shoulder width apart. Inhale and bring the hands up and back near your chest. Then exhale and push the hands back behind the waist. As you inhale, expand the abdomen, as you exhale, squeeze the abdomen in like a bellows. Repeat 50x

While inhaling with this exercise, imagine drawing Heaven’s Qi in through the nose and down through the Ren Mai to the lower abdomen (Ren 2-7). When you exhale, imagine the Qi swirling in to the lower Dan Tien.

Spinal Stretch:

Inhale and circle your arms over your head. Then exhale and curl the spine over into a forward bend. Bend the knees as you inhale and curl the spine back upward to begin again.

As you inhale, imagine that the Earth’s Qi is inflating you like a large balloon. As you inhale, imagine that any stress or tension melts out of your body.

Lungs

Kidneys

Liver

Heart

Spleen

Turtle Breathing
Practicing the Daoist 5 Yin Tonification Set

Qi Scattering Exercises
1. Counter-Swing
Begin by inhaling your arms up at your sides, palms facing the ground, then twist to the left and swing your right hand in front of the body, left hand behind as you exhale. Inhale the hands back up to the sides and repeat by twisting to the right with the left hand in front and right hand behind.

Repeat 10-20x visualizing earth qi coming up through the feet and toxic qi leaving through the hands.

indications: disperses qi globally. Opens the channels and invigorates circulation

Dropping Post exercise:
bounce on the heels while focusing on dispersing qi stagnation from the areas of the ankles, knees, hips, and shoulders. Then raise up and drop on the heels three times - imagining shaking out any pathogenic energy.
Repeat 3 sets

Trembling Horse exercise:
Step out into a wide horse stance. Shake from the hands up to the shoulders as you inhale, and shake down from the shoulders to the feet as you exhale. Imagine bringing stagnant qi from inside the body and vibrating it out to the surface and out of the wei qi field.

Complete the qi scattering by pulling down the heavens three times, focusing on dredging out the energy body with Heaven's Qi

1-4 Shen Gong Meditation

"One is Fun" - smile and send a wave of relaxation down the front of the body, then smile and relax down the back of the body, finally relax down through the center of the brain, throat, inner organs, and down through the marrow of the legs.
"Two is Shoe" - relax down to your feet and feel them soften and begin to melt - as if they were spreading out into puddles on the floor.

"Three is Tree" - feel your feet melting into the earth and becoming tree roots that grow down into the earth, all the way down to the earth's core.

"Four is Core" - feel the energy of the core of the earth as a golden light flowing up through your roots, through your legs, and filling up the Dan Tien center of the lower abdomen.

Reach up and pull down Heaven's qi to the lower Dan Tien and imagine filling up all the body's meridians.

The “Daoist 5”

6 Yang Organ Tonification Exercise
Inhale and raise the hands over head, push back as you exhale drawing the navel toward the spine to compress the abdomen. Inhale and draw the hands up toward the chest while expanding the abdomen. Continue for at least 50 repetitions (200x if attempting to regulate digestive issues).

Spinal Stretch Exercise
Inhale and circle your arms up overhead. Exhale tucking the chin and rolling the spine down. As you inhale, bend your knees and tuck the tailbone under to begin rolling the spine up - roll all the way up while circling the arms up the sides of the body and overhead. Repeat 5 times.
Lung Exercise
From the completion of the spinal stretch movement, bring your arms down in front of the chest with the palms facing down - at the level of Lung 1. Let your thumbs and index fingers touch and form a circle.

Inhale and open the arms out the sides with a slight stretch. Exhale, turning the palms up and bring the hands back in toward the center.

Repeat 10 times and then roll the hands down, sinking the qi to the lower Dan Tien.

Kidney Exercise
step out laterally with the right foot while wrapping the left hand around the back over the right kidney. Circle the right hand up toward the face and twist to the right. Next, swing the right hand down as you bend from the waist making a motion like scooping up water from a small stream twisting all the way over to the left. Raise the body up and twist again to the right.

Repeat 10 times and then perform the exercise with the left hand.

Liver Exercise
Step the right foot in slightly and press forward with the right hand as the left pulls back to the waist palm up. Then repeat with the left hand while the right pulls back. Press three times, right - left - right as you inhale; then press left - right - left as you inhale.

Repeat 10 inhales and exhales and then roll the ball sinking the qi down to the Dan Tien.
Heart Exercise
Hold a ball with your right hand at the level of your heart and the left hand near the lower abdomen.
Turn to the left and raise your left hand up while pressing with the right hand straight out from the heart at CV 17.
Inhale back to the center with the left hand coming down on top of the hold the ball position and the right hand on the bottom near the Dan Tien.

Repeat 10 times and then perform the transition to the Spleen exercise: inhale the arms over head and exhale as you perform the pulling down heavens movement, when you reach the bottom, twist your hands toward the back and root your energy down into the earth.

Spleen Exercise
Inhale as you join the index finger and thumb of the right and left hands forming a triangle and raise the arms over the head. Keep your gaze in the center of the triangle as you exhale and twist to the left. Inhale back to the center, then exhale to the right. Repeat 10 times to the left and the right.

Turtle Breathing
Bring the arms up along the sides of the body and make a loose fist. Take a five part inhale and bring the arms down, then elbows, then bend the body progressively forward as you inhale and draw the navel back toward the spine with "Reverse Breathing". Concentrate the Qi into a tiny pearl at the Dan Tien. Draw the hands back along the waist like pulling a drawstring and then bring it the hands back to the front, wrapping the qi around the belt vessel.
• The Eight Section Brocade is thought to have been developed by:

Ten Compilations on Cultivating Perfection (Xiuzhen shi-shu, c. 1300) attributes the exercises to the immortals _______________ and _______________.

It is often associated with the Tendon Changing Exercises or _______________.

This set is considered to be a _______________ style of Qigong, though _______________ variations exist.

It is one of the most _______________ Qigong sets known.

We will use this sequence for its _______________ effects.

• Yi Quan is translated as _______________.

This style is also called _______________ and is a synthesis of _______________ internal martial art principles.

This set of standing postures shares a heritage with the 8 sections through the _______________.

This Qigong set is a _______________ style, but can also be used to build a doctor’s Qi to a very high level.

We will be utilizing this sequence for it’s _______________ effect.
附一 古八段锦图

1. 起身吸气
2. 拔背充气
3. 背后打气
4. 背部吸气
5. 背部打气
6. 背部吸气
7. 背部打气
8. 背部吸气
呂洞賓  

Lu Dong Bin

鐘離權 (simplified: 钟离权)  

(simplified: 钟离权) (Han Zhongli 漢鐘離)
Drawing the Bow to shoot the eagle regulates the Lung and Large Intestine
1. Stretch the __________________________
2. Fill the __________________________
3. Massage points:
4. Descend Qi to
5. Qi Massage

Raising a single arm to regulate the Spleen and Stomach
1. Compress and release with the __________________________
2. Massaging __________________________ points
3. Balances the __________________________ & __________________________ of Qi
4. Fusion of __________________________ & __________________________
5. Opens Sp __________________________

Looking Back to relieve the 5 strains and 7 impairments
1. 5 strains
2. 7 impairments
3. Occipito-________________________ Reflex
4. Gathers _______________ to Dan Tien 丹田
5. Stretches meridians in __________________________ and __________________________

Shake the Head and Wag the Tail to Remove Fire from the Heart
1. Massges the __________________________
2. Opens and closes points:
3. Brings Qi and Blood to the __________________________
4. Opens the ___________________________ meridian

5. Massages Organs:

Touching Toes to Strengthen the Kidneys and the Loins

1. Opens ____________ and _________________ meridians

2. Gathers Qi from the __________________________

3. _____________________ Breathing

4. Massages the __________________________

5. Balances _____________________ & _____________________

Punching with Angry Eyes to Increase the Vigor and the Qi

1. Releases stagnation of __________________________ Qi

2. Guides energy to the __________________________

3. Helps cultivate balanced expression of __________________________

4. Use the __________________________ sound to transmute negativity

5. Helps develop __________________________

Raise up on Toes to Dispel Illness

1. Guides Qi to the __________________________

2. Allows energy to rise to __________________________

3. Helps transmute the __________________________

4. Helps the __________________________ to hold

5. Variation 2 disperses __________________________
Eight Piece Brocade Exercises

1. Hold up the Heavens with both hands regulates the TW

Begin with hands palm up at the lower abdomen. Inhale and draw up until arms are overhead to a stretch – palms facing toward the ceiling, middle fingers pointing toward each other.

Exhale through the mouth and let the arms come back down to your sides.

2. Draw a bow to regulate the Lung and Large Intestine

Begin in horse stance. Raise your hands up to one side like you were drawing a bow to shoot an arrow. Extend the index finger and thumb on your front hand and pull the back hand back (as a soft fist) in front of Lung 1 and 2. Inhale and fill up the chest.

Then exhale and open your hands while sinking down into the horse stance. Hold the breath out at the bottom of the stance, and let the hands come all the way down. Repeat for the other side.

3. Raise one arm to regulate the Spleen and Stomach

Begin as you did for the Triple warmer exercise. Inhale both hands up to the level of the heart, then exhale and raise the right arm toward the sky, and press the left arm toward the earth.

Inhale and bring both hands to the level of the heart, then switch – bringing the left hand toward the sky, and the right hand toward the earth as you exhale.

4. Looking back to relieve the 5 strains and 7 impairments

Begin with the hands over the lower Dan Tien area. Inhale and open the arms out to both sides, palms up. Stretch out the arms a little and turn the head to one side, stretching the eyes to look back.

Then exhale and turn back to the center, drawing the palms back to the lower abdomen area.
Repeat on the other side.

5. Shake the head and wag the tail to extinguish Heart Fire

Stand in a horse stance and place your hands on your thighs with the thumbs to the back. Begin to rotate the body from the ribcage around in a circle (as if circling from Ren 14). Breath naturally and complete 8 rotations, then circle the opposite direction.

6. Touching the toes to strengthen the Kidneys and the loins

Inhale and bring the arms up at the sides to the height of your shoulders. Then hold the breath and bring your hands toward each other, like squeezing a big ball.

Exhale and bend forward at the waist. Hold the stretch and take a breath in to your lower back (kidney breathing). Finally, exhale and trace the hands up the back of the legs to the kidneys and stretch up through Kid 27. Come back to neutral at the end of the breath.

7. Punching with angry eyes to increase the vigor and increase the Qi

Stand in horse stance with your hands open at your sides. Slowly lower down into your stance as you extend the right arm and close the fist – also close the fist on the left hand (which is by your waist).

As you inhale, rise up again and bring the open palm back. Repeat on the other side.

Variation: Exhale forcefully as you punch and widen the eyes and mouth to make a “wrathful” expression. Soften the facial muscles as you come back.

8. Rise on the toes to dispel illness

Place you hands on your kidneys. Exhale and rise up on the balls of the feet. Then inhale and come back down.

Variation: “Jolting the body to shake off illness”
Inhale as you rise up, and then come down with force to vibrate the body. Imagine any pathogenic qi being shaken off and dispelled through the body’s protective energy.
**Ba Gua Xun Dao 3 Dan Tien Qigong**

_Ba Gua Xun Dao 3 Dan Tien Qigong_ (Master Wan SuJian)

_Begin with your feet shoulder width apart in a relaxed stance_

**La Qi** – pulling the qi – bring the hands together and apart with the inhale and exhale to build the qi between the palms.

**Hold up the Heavens** – turn the palms up and inhale as you raise the arms to shoulder height. Then exhale as you press up overhead.

**Upper Dan Tien** – Inhale and open the arms, palms toward heaven, then as you exhale, bring the hands toward Bai Hui, bringing heaven’s Qi into the upper Dan Tien (repeat 3-5x)

**Middle Dan Tien** – After the last move for the upper Dan Tien, inhale and open the palms, then turn the palms down and exhale – bending the knees – as your arms come down by your sides (like a bird flapping its wings). Then inhale and bring your arms back up to shoulder height (repeat 3-5x).

**Lower Dan Tien** – After bringing your arms up to shoulder height the last time for the middle Dan Tien, fold forward from the waist as you bring your hands toward each other near your feet – like scooping up sand with your hands. Gather the Earth’s Qi to the Lower Dan Tien in this position – then inhale and bring your arms back up to shoulder level while the waist is still bent forward at 90 degrees (repeat 3-5x).

**Completion** – after the final round of the Lower Dan Tien movement, bend your knees and scoop up the Earth’s qi like picking up a ball. Bring the ball to your lower Dan Tien and then stand in meditation for as long as is comfortable for you. **Repeat the whole sequence above 3, 5, or 8 times.**

**Microcosmic Orbit**

_Holding the Qi Ball at the lower Dan Tien, now inhale and bring your left hand up along the center line of the body and above the head – as the arm rises up, visualize the Qi moving up through the spine/Du Mai. Then exhale as the arm circles down along the side and visualize the qi moving down the front of the body through the Ren Mai._

When your hand gets all the way back to your abdomen, perform the “alternating hands” movement 3 times to balance the qi on both sides of the body. Then repeat the above procedure with the right hand. **Perform the entire practice 3, 5, or 8 times.**
Final Exam

Name:

1. List 3 specific ways that the “Hold Up Heaven’s” exercise of the 8 section brocade benefits the Triple Warmer Organ and Channel.

2. When Han Chong Li inscribed “All postures will lead to health, but the proper combination of postures lead to immortality” what do you think this meant?

How does this story help explain the many differences in how people perform the same qigong exercises?

3. Aside from Lu Dongbin and Han Chong Li, what famous historical figure is credited with the creation of the Ba Duan Jin qigong set? (extra credit if you can name the martial art that he founded as well!)

4. Of the main practices you’ve learned in Qigong Healing Movement, which ones are harmonizing, tonifying, or dispersive?
   • WuZhang Dao Yin
   • Ba Duan Jin
   • Yi Quan Standing
   • 6 Healing Sounds
   • Microcosmic Orbit
   • Song Gong

5. Using your knowledge of Chinese Medicine, and your intuition, Design a 15 minute daily Qigong practice to help a person suffering from Crohn’s disease.