



Guelph Tai Chi For Health

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The point in this qigong sequence is to explore the effect of raising and lowering your arms on your natural breathing. How does this make you feel? Generally, when your arms rise you want to let your lungs fill. When your arms lower you feel like pushing the air out of your lungs. Generally. Don't force it or tie it to your arms rising and lowering. People with blood pressure issues should be especially careful to simply breathe when it feels normal.

SEQUENCE:

Stand quietly in wuji posture. Slow your breathing, calm your mind. Generally tongue on roof of mouth on the breath in. Tongue drops on the out breath. But not necessary. Do not force breath, ever.

SINKING QI X 1

1. Sinking the qi - arms rise to chest height palms up and in front of you. Tighten up abdomen, buttocks and chest slightly. Turn palms over and relax everything as arms go down.

QI UP AND DOWN X 2

2. Bring arms up the middle crossed at the wrist. Turn palms up to ceiling pressing up. All of this is the "in" breath". Rise on toes if possible (not necessary). Let arms go out to the side and back down. "Out" breath.
3. Pouring the qi. Arms extend out to the side gathering energy (breathe in). Pour the qi from top of head and let arms relax down (breathe out). Feel all of the muscles in your body relax.

MOVING MOUNTAINS X 3

4. Move mountains to the sides. Hands rise/float up the middle. Settle the elbows and wrists - turn palms to the side (toward the people on either side of you) and press out sideways. Arms come in to the middle palms facing the floor. The index fingers almost touch, but don't. Relax arms and hands down, palms toward floor, guiding energy to lower dan tien..
5. Move mountains to the middle. Same idea as above except the palm push is to the centre of the circle. Feel as though you are giving energy into the middle

and taking energy from the middle when you pull back. Settle arms down and guide energy from hands to lower dan tien.

6. Move mountains one at a time. Right hand up right side (palm up), palm crosses to left. Palm turns over and sweeps in front of you and then and back down the right side. Throughout this left palm should face floor. Do the same thing with the left hand, and right palm will face the floor.

ANIMALS X 4

7. Big bear swims in the water. both palms rise facing up and move to the middle of the circle. Turn them over and pull back down to sides - like you are swimming through water. Hands pull energy back to lower dantien.
8. Eagle catches prey - throw arms out and gather energy back to lower dantien.
9. Young lion rolls the ball - the first of two final energy balancing movements - this one is horizontal. Roll an imaginary ball one at a time under each palm. Keep gathering energy back to the body.
10. White stork cools wings. Arms do not reach as high as they do in the form. Cross them at the wrist, one palm up and out, the other down and facing the floor. Repeat several times so that each side goes up and down a few times. This balances energy on the vertical.

End posture.

Bring both hands down leaving fingers up. Roll an imaginary ball under both palms and under both feet to relax the muscles that have been tensed a bit. Finger tips lower. Stand quietly for a moment or two. Wash face.