



Guelph Tai Chi for Health

February, 2009

Balancing the Heart - *Shuxin Pingue Gong* - Part 2- The form¹

Shuxin - (shoo-shin) Extending, opening or expanding the heart

Pingue - (ping-shway) Balancing the blood

Gong - (gung) - training or exercise

In the first handout we learned the theory behind the movement. This handout will cover the sequence of the movements in the form. All of the exercises described below should be practiced in sets of two (2, 4, 8, etc.) Two repetitions of each movement will mean the whole 8-part form will take about 15 to 20 minutes to do.

Preparation. Open *ming men* in the back. Stand in relaxed posture. Calm mind. Breathe to *dan tien* at least 8 times.

1. Listen to the rooster stand up and crow.

- CENTRE:
 - Feet together.
 - Rise up on toes. Arms stretch out in front of the body to shoulder height, palms up. Stretch the arms and fingers, especially the pinkie, ring, and middle fingers.
 - Turn the arms over. Make a fist. Make sure pinkie, ring, and middle finger touch the *laogong* (centre of palm).
 - Press down with the fists and flatten your feet to the floor.
 - When fists are around the thigh, relax and open the hands, relax the body.
- SIDE:
 - Feet together.
 - Rise up on toes. Arms stretch out to the sides to shoulder height, palms up. Stretch the fingers as above. Turn your head to look at the middle finger.
 - Turn the arms over. Make a fist.
 - Press the fists down to the side of the body and flatten your feet to the floor.
 - When fists are around the thigh, relax and open the hands, relax the body.
- SEQUENCE:
 - Centre, left side, centre, right side, centre.

2. White ape presents fruit.

- Feet together.
- Sink weight into right foot.
- Turn to 45 degree angle, or turn to left corner. Extend left leg and place heel on the floor. Bring up the arms up to almost shoulder height with the backs of the hands facing each other almost touching.
- Presenting fruit:

¹ NOTE: The material for these handouts originates from workshops and videos by SAM MASICH, who taught me "the Balancing the Heart" qigong routine. For more about Sam visit www.sammasich.com

- As you shift weight to the left foot, circle the arms around and down until they are facing palm up (fingers/arms stretched again). Raise right knee. Let right foot dangle in front of left leg. (Note: for individuals with poor balance it is not necessary to raise the foot off the floor. You are permitted to keep the foot on the floor, or raise it a small distance from the floor.)
- Keep hands where they are and extend right foot back to stretch out right leg.
- Make fists and press down.
 - Circle hands open in front of the body as you shift weight back to right foot. As you shift again to the left foot make fists with the hands and press down toward the left knee. Feel the stretch on the inside of the arms and across the chest.
- Present fruit again.
 - Open the hands with the backs of the hands almost touching and circle hands open as the weight shifts back (to right leg). As you shift forward (to left leg) stand on left leg, and extend hands palm up, fingers stretched. Raise right knee. Let right foot dangle in front of left leg.
- Finishing left side.
 - Step to the right with the right foot. Circle the hands wide open in front of the body and bring the left foot in beside the right foot (shoulder-width separation).
- SEQUENCE:
 - Repeat the steps above faced to the right. In brief:
Sink weight into left foot. Turn to the right corner. Put right heel on floor at 45 degree angle. Bring arms up to about shoulder height with the backs of the hands facing each other.
Then:
 - Present the fruit.
 - Step back with left foot and circle hands back.
 - Make fists and press down toward right knee.
 - Open the hands with the backs of the hands almost touching. Circle them back and forward to present fruit.
 - Finish by stepping to the left, circling the hands wide and bringing the right foot in beside the left.

3. The Golden elephant curls his trunk.

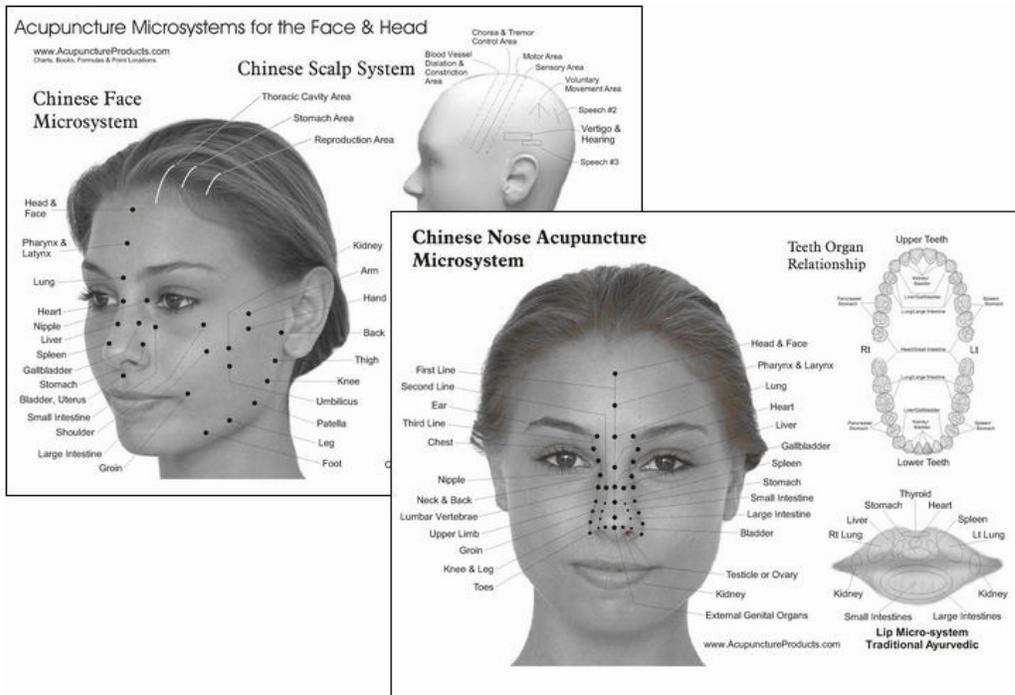
- With weight on right foot, step out sideways with the left foot. Toes point forward throughout the exercise. Feet should be at least shoulder-width apart, maybe a bit wider.
- Bring the arms up in front of the body almost to shoulder height with the backs of the hands facing each other almost touching.
- Roll the arms over until the elbows meet.
- Draw the fingers of the hand together ("holding a mouse by the tail"). Touch the finger tips to the shoulders.
- Sink the weight down into the legs and feet.
- Keeping the finger tips touching the shoulders spread the arms apart. Elbows should be pointing to the floor when your arms are completely apart.
- Open the hands, turn the palms up toward the ceiling and press up. Stand up while pressing up but keep feet well rooted.
- Circle the hands out to the side and then down.
- Bring the left foot back to the right.
- Palms should be positioned about waist height and palm up when finished.
- SEQUENCE: Repeat by stepping out with the right foot.

4. The Yellow Oriole Folds its wings.

- Hands should be at waist height and palm up to start this exercise.
- Step out sideways with the left foot as described in the previous exercise above.
- "Tea-cup" the hands back and then raise the arms to about shoulder height with backs of the arms facing forward. Continue to bring them forward and then turn them over until you are holding a large invisible beach ball or tree trunk in front of you.
- Sink the weight into the feet and legs.
- "Flap" your hands in and out 9 times. Very loose. No tension in the hands or arms.
- Push the hands down and back behind you with the palms facing down and behind.
- Keep the weight in the feet and legs. To heighten aerobic effect, keep weight down in the legs throughout whole sequence repetition.
- Raise the arms up (Palms will face out to the sides and then up to the ceiling.)
- Turn them over to make a big invisible beach ball and then "flap" the hands up and down 9 times.
- Turn the hands into fists, and as you circle them around in front of you pull the left leg in to the right and stand up.
- SEQUENCE: Repeat this by stepping out with the right foot.

5. Rub the face and ears.

- Using the middle fingers trace the path shown in the pictures, below.
- SEQUENCE:
 - Face: around mouth; base of nose; bridge of nose; inside corner of eye; trace eyebrow to centre; fingers straight up to hairline; follow hairline; centre of jaw; lower edge of jaw; throat; press palms together on throat and bring hands over top of head.
 - Inside lower ear. Pinch thumb and index finger together.
 - Using finger nail press cartilage at top of ear.
 - Massage the rim of the ear.
 - Massage around the outside of the ear.
 - Massage throat (thyroid area and glands)



6. Striking the arms and legs.

- ARMS FIRST. (Heart, lung, pericardium meridian)
- Make loose fists. Turn loosely at the waist as you strike the shoulder with one fist and the *ming men* with the other.
- SEQUENCE:
 - Shoulder-*ming men*.
 - Upper arm-*ming men*.
 - Bicep-*ming men*.
 - Just above the elbow- *ming men*.
 - Starting at the spot just above the elbow repeat the sequence back up to the shoulder.
- LEGS. (Urinary bladder meridian)
- Put hands on waist. Using the top of the foot strike behind the knee, then the top of the calf, middle of the calf, and just above the ankle. Alternate feet while you are doing this so that you do the top of both legs, then the top of the calf, middle, etc.
- Starting from just above the ankle reverse the direction of the strikes back up to the back of the knee.
- This exercise improves circulation in the small surface vessels of the arms and legs.

7. The Willow has twisted roots. (Pumping action. Works the pericardium meridian.)

- With hands turned palm up at waist height step out to the left and stretch the arms up and out in a kind of star shape. Right foot crosses in front of left foot. Make fists with hands. Fists rotate until the knuckles are pointing at each other.
- Press the fists down and bend the knees as **LOW AS YOU ARE ABLE**. Look back to the right with angry eyes. Hold that position for a few seconds.
- Open the fists so that the backs of the hands are facing each other and spring up, uncrossing the right leg. The arms fly, spring, or pop up.
- As the arms settle down gently back to the side, bring the left foot back to touch the right foot.
- SEQUENCE: Repeat steps above by stepping out with the right foot, and crossing the left foot in front of it. Stare back to the left as you press down with the fists and bend the knees. Spring or pop up and uncross the left leg. Let the arms settle back to the sides gently as you bring the right foot in to the left.

8. Steps ascending. (Lifting upward but driving energy downward.)

Part one: the back and buttocks.

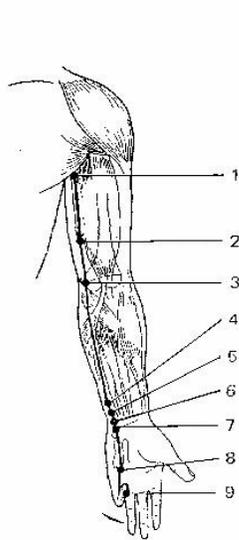
- Turn the body to the left corner (45 degrees).
- Weight on right foot side step out to the corner with left foot.
- Place hands as high up the back as you can reach.
- Shift weight forward onto left foot while rubbing downward with the hands from kidneys to buttocks.
- Head should reach for the heavens.
- Relax back to right foot letting the hands rise up the back.
- Breathe in slowly on the way up and exhale on the way down and back.

Part two: Chest and abdomen. (Conception meridian.)

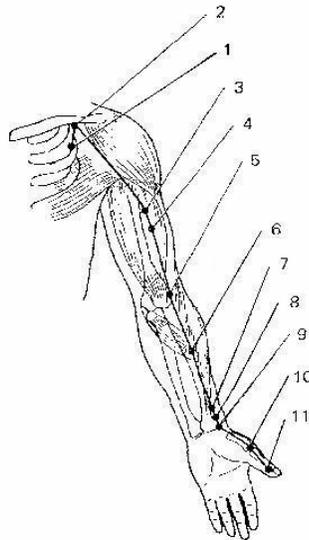
- As above, turn body to left corner and step out on left foot.
- Bring the hands up to the throat, left hand over right.
- As you shift the weight forward and onto the left foot, rub the hands down the front of the body, pushing energy into the *dan tien*. Again the head should seek the heavens.
- As you shift or rock back to the right foot let the hands rise back up to the throat.

- **SEQUENCE:** Stepping to the left corner, back & buttocks followed by chest and abdomen. Do the same thing stepping into the right corner.

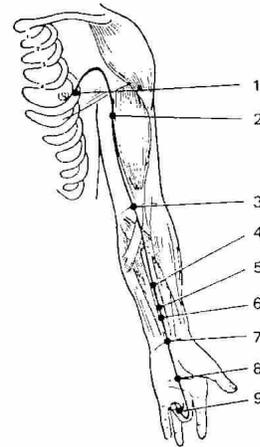
Take a few minutes at the end of this to do a standing meditation. Breathe slowly and deeply. This will help to settle and disperse energies that you have stirred up during this practice.



Heart Meridian



Lung Meridian



Pericardium Meridian