

Warm-ups

- Wiggle the toes and do ankle circles. Knee circles and knee bends. Hip circles.
- Shoulder rolls. Elbow rolls. Wrist rolls. Finger and hand stretching, massage, claps.
- Neck rolls. Face and head massage. Shoulder massage. Tap at top of spine.
- Knock on the door of life / Ring the temple bell. Slap below collarbone, near kidneys.
- Forward flow: Stretch arms and bend trunk. Cross hands over groin, reach up, look up palms crossed. Lower hands, palms up, bend forward at waist, palms down. Circle horizontally back to start.
- Central flow: Thumbs touch at *mingmen* (between kidneys). Circle around so index fingers touch at lower *dantian* (just below navel). Lift up to above head, circle vertically back to start.
- Taiji opening. Hands float up to chest level, slight squat, float back down. Like a wave. Focus on breath and lifting calm, tranquil, cool qi to mind.

Eight Silk Brocades, a/k/a Eight Treasures (Bā Duàn Jīn 八段錦)

There are many versions of this elegant and widely-practiced Qigong form. Lots of online resources.

Mimi Kuo-Deemer has good demonstrations and explanations: <https://youtu.be/3K-0JpiJu-o>

Open form. Ready position is *wuji* posture. Three deep breaths.

- **Push the Sky.**
 - Pole stance. Hold hands high with palms up, wide rotation of arms coming down. Then push down in front, in back. On to toes if doable.
- **Bow and arrow.**
 - Horse stance. Shooting left and right.
- **Separate Heaven and Earth.**
 - Pole stance. Hold one arm aloft, push down w/other.
- **Wise Owl Gazes Backwards. .**
 - Pole stance. Arms akimbo. Look back, hold ball, L, R (x3)
 - Alternatively: just turn head left, right
- **Sway the Head, Shake the Tail.**
 - Horse stance. Stretch-squat reach down L, R. (x3)
- **Two Hands Hold the Feet.**
 - Pole stance. Reach up, turn left, forward/press feet, up, squat, lift up while holding toes. Repeat right.
- **Clench Fists and Glare Fiercely.**
 - Horse stance.
 - Slowly reach forward w/ one hand while pulling back w/other.
 - Thrust fist forward, center w/ eyes glaring, left, right.
 - Slow *taiji* punches forward, up, down
- **Seven Stamps.**
 - Tight stance. Raise and lower heels. Shake, center, settle.
 - Tap toes. Shake, center, settle.

Closing form. Cross hands over core. Three deep breaths.

Balance and Energy

New Qigong Therapy Stepping

- Rocking left to right, on count of three, deep breath in, three “tapping” steps with left foot, then repeat with right foot. While “tapping”, breathe out the whole time. During each set of 3 steps, focus attention on finding center of balance. Go slow, improve with each tap and each repetition.
- Repeat on each side 3 times, for each set.
 - First set: tap/touch with toe of forward foot
 - Second set: tap/touch with heel of forward foot
 - Third set: tap/touch with sole of forward foot

Float Like a Bird

- Rocking left to right, on count of three, left foot straight up while “flying” arms gently, set it right back down, then left foot straight up while “flying” arms and hold.
- Repeat several times, alternating which foot is lifted first, then other lifted and held.
- Go slowly. Bring focus of mind to top of head and to “taiji pole” between top of head and perineum/pelvic floor.

Seven Stars (*Qīxīng*, 七星) Standing Meditation

- Breathe deeply and focus mind-attention to:
 - Right arm, shoulder, elbow, hand is connected to left leg, hip, knee, foot.
 - Left arm, shoulder, elbow, hand, is connected to the right leg, hip, knee, foot.
 - Shoulder to opposite hip. Elbow to opposite knee. Hand to opposite foot.
 - Top of the head to pelvic floor revolves around taiji pole, connecting head to pelvis
- Lift left foot & right hand. Push down right foot & left hand.
 - Bring attention to left knee, right elbow. To left hip, right shoulder. Play with that.
 - Bring attention to right knee, left elbow. To right hip, left shoulder. Play with that.
- Lift right foot & left hand. Push down left foot & right hand. Repeat mind-shaping focus.
- Repeat, but this time:
 - Lift the “heavy” hand to center line, thumb pointing at heart. Use it to center focus.
 - Let the “light” hand float at side, still gently balancing the opposite “light” leg.

Three powers (*Santishi*)

- *Wuji* posture. Meditate on circling energy at core. ‘Springing’ energy down, up legs, Lifting energy up the back. ‘Expressing’ bright, warm, *yang* energy forward at heart, hands. ‘Washing’ a waterfall of cool, calming *yin* energy over the head and back down.
- Left foot forward, sole flat, 20-30% weight. Heavy hand pressing forward over it. Light hand at side. Either tiger claw or open hand.
- Push up, forward with heavy foot. Then twist, turn inward with heavy thigh. Then settle sacrum while lifting energy. Exaggerate each move, then settle into mind-driven only. Feel powerhouse of energy at core and in forward hand, while staying cool, tranquil.
- Repeat with right foot forward.