

## Five Animal Frolics (*Wuqinxi*, 五禽戲)

For a very nice YouTube example of this set, see Dr. Alex Hui's site at:  
<https://youtu.be/98AliPKDtFk?list=PLrbcKznPYcDSuXS4K8el-auMuWILLQXhh>

1. **Bear** → lead *qi* to the lower energy reservoir (core area)
  1. Bear claws. Walk like a bear.
  2. Rock, step like bear: lift arms gently, push down, rock left, right
    1. Nurture *qi* at lower reservoir
    2. Reach up, down, behind like a bear marking a tree
  3. Rock, step one foot forward, reach, push down in front with bear paws, like looking for fish
2. **Deer** → a key to longevity is lifting feet when stepping
  1. Deer horns. Either gentle fists or antlers. Rock arms forward and back with one foot forward. Put weight on back foot and lean back. Change forward foot and repeat.
  2. Rock arms swinging, index & pinky like antlers; step out with foot turned, reach, point over foot
  3. Step, push fists, withdraw/curve back with antlers together (back of hands together), push fists
3. **Tiger/Cat** → lead *qi* to the central energy reservoir (heart area)
  1. Tiger paws. Claws in, fists together; circulate *qi* around belly, one direction then other
  2. Claws out. Rock arms in circles with one foot forward. Change forward foot and repeat.
  3. Claws out. Rock, rotate, big step forward with gentle cat's paw, lifting; then step back, pushing down
4. **Monkey** → lead *qi* to the upper energy reservoir (head/eyes area)
  1. Monkey paws. Swing horizontally.
  2. Circle hands in front, lift both up at center, on tip-toes, look left, then repeat, look right
  3. To the left, step back into "sleeping dog" (also called "drunken monk") pose, then step out to the right, sweep down, reach high, grabbing with left hand. Repeat in other direction.
5. **Bird** → *taiji* - integrate *yin* and *yang qi*; balance of left, right, center line, up and down
  1. Bird wings. Rock vertically, moving both hands like wings. One foot forward. Gently raise back leg. Repeat with other leg forward.
  2. Rock horizontally, sweeping hands in front. Lift both hand and one leg. Do one "wing flap" with leg raised. Repeat with other leg.
  3. Wave arms in front, bend forward, reach back, arch back while lifting one leg. Repeat with other leg.



*Taiji* ('supreme ultimate') refers to the never-ceasing interchange of *yin* and *yang* energies. From still centered nothingness (*wuji*) of the Great Course (*dao*), *yin* and *yang* energies emerge and intertwine, developing into the universe of all things, including living things.

*Bagua* ('eight trigrams') refers to eight fundamental ways in which *yin* and *yang* coalesce from *taiji* in order to take form. Most fundamental being fire (all-*yang*) and water (all-*yin*).

*Wuji* ('unbounded') refers to the state of the universe (the great Way) prior to the emergence of *taiji* and then *bagua*.