

QiGong and Stretch

Cervical flows:

- Turn neck. Wise Owl Gazes Backwards.
- Draw a bow.
- Stretch arms. Look left, lift. Look right, lift.
- Expand chest. Lift, then look left. Lift, then look right.
- Spread wings for flight.
- Raise iron arm.

Stretch:

- Arm swings forward and backward
- Arm swings across the chest. Hold.
- Fold arms over head, stretch to sides.

Lumbar flows:

- Support sky with both hands.
- Turn trunk and push palm.
- Hip circles with arms akimbo.
- Stretch and bend trunk. Reach up, bend down, reach down, reach forward.
- Lunge and strike high. Step left, strike right. Reverse.
- Press palms on feet.

Stretch:

- Close-in tiger paw. Stretch left and hold, right and hold.
- Sitting spinal twist. One leg over the other. Hold it, turn in opposite direction.
- Butterfly stretch forward, to sides. (Or cross-legged)

Hip and leg flows:

- Knee circles. Loose knees.
- Reverse bow and turn. (One-legged bow squat.)
- Bow stance, bend, squat, touch toes, lift while touching feet.
- Bow stance, keep one palm on knee, lift other hand high and sweep.
- Hold knee in front of chest (or other one-leg balance exercises).
- *Taiji* walking forward and backward.

Stretch:

- Hold deep squat. Do variations if more advanced. Stand (slowly) from squat.
- Toe stretches.
- Lunge stretch. Rear knee to the floor. Front knee not beyond the ankle.

Closing:

- One leg balance practices or Xing Yi/Santishi posture
- Taiji opening and closing ('big wave')
- Nurture qi at core