

QiGong & Stretching for Elbow Pain (Tennis Elbow, Guitarist's Elbow) and for Balance

Warm up

- Shake off stress. Ring the temple bell.
- Relax, arms by side. Shake hands, wrists, forearms. 1 min.

Activation Massage (30 sec each)

- LI-11: At elbow crease, on top of forearm, on inside/thumb side, imagine a straight line to the index finger
- LI-10: About 3 finger widths towards the hand / index finger from LI-11, on top of forearm

Draw Energy with Palms

- Shoulder-width. Hands 90 degrees, palms facing, soft, relaxed.
- Expand/inhale, contract/exhale. 2 or 3 min.

Taiji Ball Rotations

- Imagine holding soft, weightless ball.
- Rotate, allowing wrists, elbows, shoulder fluid movement.
- Reverse direction after 30 sec.

Press Clouds with Open Hands

- Slowly press arms forward at shoulder height, palms down, as if pushing a soft cloud. Elbows slightly bent.
- Pull back, gathering qi, like the tide coming in.
- Inhale pulling back, exhale pressing forward. 2 or 3 min.

Tapping

- Gently tap the forearm, stimulating circulation. 1 to 2 min.
- Rub along both inner forearm and outer side of forearm.
- Place palm on elbow, imagine warm, golden qi flowing there.

Extensor and Flexor Stretches

- Extend arm forward, palm down. Pull fingers, palm down. Hold.
- Extend arm forward, palm up. Pull fingers, palm down. Hold.

Isometric and Supination Stretches

- Push arm down at side, palm down. Hold.
- Arm forward, palm up. Slowly rotate wrist so palm down. Hold.

Shoulder, Posture, Prevention

- Wise Owl Looks Back (neck stretch)
- Bow & Arrow (chest stretch)
- Side Stretch

Move Hands Like Clouds

- Taiji ball rotations while stepping slowly to left, to right
- Movement comes from waist and spine.
- Hands, arms only really move only during transitions, at close or open of a step.

Rooster stands on one leg

- Build up through these steps...
- In a slow flowing motion, roll weight to one foot then other, alternating which tiger you are patting as weight shifts. One heavy foot, one light foot, back and forth.
- One hand pats a tiger. The light hand is opposite the light foot.
 - If left foot is light, then right hand is light.
- One hand lifts up. The heavy hand is opposite the heavy foot.
 - If right foot is heavy, then left hand is heavy.
- Lift light leg from knee and hip, as high as feeling and capacity allows today. Might be just to toe; or might be quite high.
- At same time, lift the heavy hand – on same side as light foot – straight up. Lifting heavy hand and light foot simultaneously. Use either tiger claw (a determined open grasp) or vajra palm (fingers straight, thumb pulled lightly over the palm).
- Repeat alternating sides. As it gets more of a flow, then work on raising leg and arm a bit more, holding posture a little more.

Three Taps practice

- Tap with toe 3 times.
- Tap with heel 3 times.
- Put sole down, lightly, then pick it up again, 3 times.

Seven stars practice

- Focus on 'heavy' opposites: palm/sole, knee/elbow, hip/shoulder
- Focus on 'light' opposites: palm/sole, knee/elbow, hip/shoulder
- Focus on center of balance: the 'taiji' pole, like in Cloud Hands
- Lift light, press heavy palm/foot, knee/elbow, hip/shoulder
- Alternate. Focus mind, heavy side. Light side, "do its own thing".
- Practice as a flow. Practice holding a pose. Relax. Have fun.