

Shaolin Qigong

This is not any particular form. It is basically a set of warm-up exercises to prepare for doing the more strenuous Shaolin-style 8 Brocades Qigong form, then moving on to Shaolin kung fu exercises.

Warm Up

- **Back stretch.** Wide stance. Lean forward, down. To sides, down. x3
- **Waist circle.** Wide stance. Hands up. Wide, 'Matrix' circles. Reverse direction.
- **Shoulder stretch.** Wide stance. Hands wide. Into bow. Stretch left, right. x3
- **Waist warm up.** Wide stance. Grasp hands over head. Bend forward, bounce. Back, bounce. x3
- **Neck circles.** Narrow stance. With hands on hips. Move neck only. Feel many stretches.
- **Shoulder circles.** Narrow Stance. Fist hands. Tight small shoulder circles.
- **Elbow circles.** Narrow Stance. Fist hands facing up.
 - Elbows in, circle back, around, up, palms down, turn palms, elbows in.
- **Wrist circles.** Narrow Stance. Fist hands down, stretched out.
 - Bend inward, swing out, swing down and back, around, push knuckles facing out.
 - Swing back to front, knuckles facing out. Feel stretches in wrist.
- **Knee circles.** Narrow stance. Deep bend.
- **Ankle circles.** Hands on waist. Foot slightly back.
 - Then stretch foot, with top of foot/toes facing down.

Stances

- **Horse Stance.** Ma Bu. Narrow stance. Draw fists in, wide stance.
 - Hands up, wider stance. Hands in prayer position, even wider stance.
- **Gong Bu.** Narrow stance. Draw fists in, glare to side. Very wide stance. Pivot to bow.
- **Pu Bu.** Narrow stance. Draw fists in, raise one leg to golden cock stance.
 - Down to very low, leg straight with hand over calf in bow position, other deep bend w/fist.

Stretching

- **Stretch Shoulders.** Narrow stance. Hands interlaced above. Stretch left, right.
 - Wide stance. Stretch front.
- **Hold Buddha's Feet.** Palms to floor in front. Grasp hands behind ankles. Breathe.
- **Front Leg Stretch.** Toes up. Grab toes with opposite hand, heel with same hand. Head to knee.
- **Side Stretch.** Wide stance. One toe up, straight leg. Back straight as possible.
 - Big stretch with hand in front matching out toe, hand above matching solid toe.
 - If can, grab inside foot w/ same hand, toes w/ opposite hand.
- **Pu Bu Ya Tui.** Very wide stance sliding into deep Pu Bu.
 - Touch top of foot on each leg w/ same hand. Shift to other foot while still low.
- **Gong Bu Ya Tui.** Stand. Bow with back foot on toe, stretching. Hands behind head. Breathe.
 - Stretch preparing for Shu Cha.

Splits

- **Shu Cha.** Gong Bu down to onto knee. Stretch into side split (on leg forward, one leg back).
- **Hen Cha.** Wide stance. Ma Bu. Fist to floor in front. Stretch to sides. (forward split)