

Wake Up the Earth!

Full moon, high tide, early Spring

Warm-up

Ankle rolls and circle
Hip bends and circles
Shoulder rolls and bends
Elbow, wrist, finger circles
Neck bends and rolls
Snapping the yin

Shaolin Warm-up

Back and forward stretching
Big “Matrix” waist circles
Hands interlaced, bend left, right
Hold Buddha’s feet
Big side stretching
Wide stance, deep side bow stretching
Wide stance, bow with toe stretch and hand
behind back. Breathe!
Kneeling, one leg to knee, stretch to side split
Wide stance, fists to floor in front, forward split

Breathe

Turtle breathing
Dragon breathing
Spinal Twist breathing

Cleansing

Taiji Open
Present the Pestle
Pluck Star on Each Side
Pulling Nine Cows
Show Talons, Spread Wings (push, pull)
Nine Ghosts Draw Sabers
Sink Three Bodily Zones
Black Dragon Displays Claws
Tiger Springs on Prey
Bow Down in Salutation (slow bend)
Swing the Tail (long bend, look back)

Collect and Strengthen

Santishi (Three Powers)