

Fundamental Qigong #2

Created by Master Alex Dong

Move 1–Yin and Yang Breathing

1. Big circle Open and Close- 3 times

Move 2–Farmer Pushing the Stone Mill

2. Medium Circle side to side- 3 times each side

Move 3–Opening and Closing the Palace Gate

3. Medium circle pivot side to side- 3 times each side

Move 4–Nar-Ja Playing with his Magic Ring

4. Turn a smaller circle, Left Hand on top

Pivot, turn, look forward

Open, pivot back, repeat- 3 times each side

Move 5–Sliding Up and Down a Crescent Moon

5. Lift up, circle down- 3 times

Move 6–Dragon Circling in the Clouds

6. Lift up TURN and circle down- 3 times each side

End- open arms side to side

Come back to center,

Circle hands to chest and

Push down with your elbows as you stand up.