

Fundamental Qigong #1

Created by Master Alex Dong

Move 1–Pillar connecting Heaven and Earth

Split up and down- 3 times each side

Move 2–Splitting Mountains and Sea

Push sideways shoulder height- 3 times each side

Move 3–Dispersing Stormy Clouds in the Sky

Elbows forward, up, reach behind, open sideways and push, back to front- 3 times

Move 4–Dispersing Stormy Clouds in the Sky And Close the Rotating Door

Same as above with pivot, Lift Hands, then pivot straight, hands in, then push out, stand up.

Move 5–Rotating Heavenly Energy

Lift hands above head, open elbows, circle, thumbs down, pause at center, continue circle down, push hands down.

Open arm pits, turn fingers toward body, raise arms stretch to the sides, thumb down, pause, continue circling up, stop the elbows and finish circling with the hands, thumbs down- 3 times

And REVERSE. Turn palms facing your face, push down with elbows, then the back of the hands come to the side of the legs. Turn palms down, rotate fingers toward the thigh and open the arm pits. Repeat 3 times.

Move 6–Rotating Earthly Energy

Windmill- push palms to sides, shoulder level, one hand up to the side of the head, the other down To the side of your thigh, connected in a straight line. Bend, round and compress, both both arms. Open out straight and repeat - 3 times each side.

END- open arms as far back as you can, grip with you toes.

Come back to center and push forward.

Push down to your thighs as you stand up.

Slowly relax.