

Tai Chi Fundamental Qigong. Developed by Master Alex Dong

Qigong #1

Move 1–Pillar connecting Heaven and Earth

Move 2–Splitting Mountains and Sea

Move 3–Dispersing Stormy Clouds in the Sky

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

Move 5–Rotating Heavenly Energy

Move 6–Rotating Earthly Energy

Qigong #2

Move 1–Yin and Yang Breathing

Move 2–Farmer Pushing the Stone Mill

Move 3–Opening and Closing the Palace Gate

Move 4–Nar-Ja Playing with his Magic Ring

Move 5–Sliding Up and Down a Crescent Moon

Move 6–Dragon Circling in the Clouds

Qigong #3

Move 1–Orbiting One Side of the Sun

Move 2–From the Ocean bottom to the Mountain Peak

Move 3–Traveling the Infinity Circle of Qi

Move 4–Standing in Sea Bottom Going with the Waves

Move 5–Rhinoceros Looking at the Reflection of the Moon

Move 6–Fair Lady Packing Basket of Cotton