

Warm Up and Qi Gong Routines  
written by Toni DeMoulin  
as studied from Master Alex Dong

edited October 8, 2013

These lists are meant to be an aid to help students remember the sequences of the Warm Up and Qi Gong routines as practiced in my classes as a branch of the Tung Ying Jie Taiji Legacy- Alex Dong International Taijiquan Association. This is not an official school document.

### Warm Ups

1. Arm Drop
2. Arms Side Swing (start Right first)
3. Neck Roll (start Left first) several times then Reverse
4. Forward Shoulder Roll
5. Backward Shoulder Roll
6. Hip Circle (start Left first) several times then Reverse
7. Knees, Circle Inward
8. Knees, Circle Outward
9. Finish, slowly come back up, push the energy down.

### Warm up Qi Gong

1. Raise back of wrists to Waist high, circle and push down, sit a little  
Raise back of wrists to Chest high, circle and push down, sit a little bit more  
Raise back of wrists to Head high, circle and push down, sit lower even further  
Raise back of wrists to above of Head, stretch, sit the lowest  
Raise back of wrists to above of Head, stretch, reach more, up on ball of Foot, circle and push down to waist height
2. Reach Hands down to feet to gather Energy from ground,  
Right Hand under Left Hand, palms facing up  
Bring energy up the front of body (and through it)  
Turn palms down over the head above Bow Wei (top center point of head) and lift up  
Dip fingers down into Bow Wei (top of the head/crown)  
Open arms, lean backward and open chest  
Come back up and push palms out to the sides

Straighten fingers out and gather down  
Repeat several times (usually 4 times)

3. At waist, bring the back of hands down  
Right Hand under Left Hand, palms facing up  
Sit and open hands out to the side, palms up  
Raise palms, gathering up energy, stand up,  
Bring hands over top of head at Bow Wei  
Right Hand over Left Hand, palms facing down  
push energy down front of body (and through it)  
at Tan Tien, turn/roll hands over  
Right Hand under Left Hand, palms facing up  
Repeat several times (usually 4 times)
  
4. At Dantien, open palms facing body  
trace meridians with palms energetically connected to the inside of the  
body  
down the inside of legs  
around feet  
up back of lower leg  
sit, up back of thigh, around buttocks,  
up the back, slowly standing up  
Roll, under the arm pits to front of shoulders then  
behind the neck where palms come together in Prayer Hands  
Prayer hand fingers point up, go over the head  
down the center of the body to flatten facing the Dantien  
Repeat several times (usually 4 times)
  
5. Slowly reach both hands down to feet,  
Turn Left, Bring up hands (Right Hand First, palms facing out)  
Hands reach up, turn to Right, Bring down hands (Left Hand First, palms  
facing in)  
in a big continuous slow circle  
Repeat several times and Reverse.  
Finish, slowly raise up as you push energy down with hands