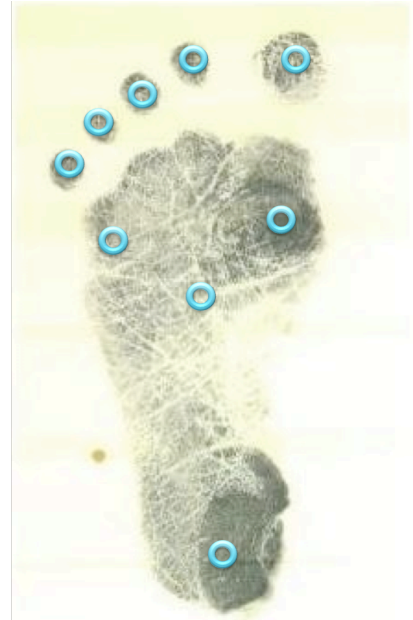




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You should always do the first 5 exercises to warm up and then any others that you want to do on top of that, and end with the last 3.

Use both the 70% and R.A.C. Rules.

9-point contact.

1. Hand and finger Flicking.

- This opens the Jing Luo, which start and finish at the fingertips.
- The hands wrists and fingers should be relaxed.
- Activates the Jing Luo channels in the hands, arms and shoulders.

2. Foot rotations.

- These need to be performed in a clockwise and anti-clockwise rotation.
- The whole foot must be rotated not only at the ankle.
- The movements need to be relaxed.
- Activates the Jing Luo channels in the foot

3. Knee rotation.

- These need to be performed in a clockwise and anti-clockwise rotation.
- Do not over exaggerate the movements and be careful if the knees are bad.
- The back should be kept straight.
- The hands placed on the knees.
- The bottom rotating almost in the opposite direction.
- Nourishes the knees, activates the Jing Luo in the legs

4. Small waist rotations, floating on a Lilly pond.

- Stand with your feet comfortably apart a small distance.

- Rotate your waist in small rotations clockwise keeping your head still so your waist rotates around both your head and feet.
- Repeat but counter clockwise.
- The movements should be slow and deliberate as if stirring a large pot of porridge to stop it sticking to the sides of the pot.

5. Large waist rotations.

- As above but you stand with your feet wide apart.
- Activates the Ren, Du and Liver and Spleen.

6. Waist twisting arms flicking from side to side.

- The feet should be shoulders width apart.
- The knees should be not locked.
- The head should be facing forward at all times.
- The hips should remain facing forward throughout the exercise.
- The arms should be relaxed and hang without the use of muscles from the body.
- Rotation comes from the waist and torso not from the arms or the hips.
- Turn gently from left to right and back again, allowing the arms to swing freely.
- This exercise gently wrings and massages the internal organs.
- Frees the waist.



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- Moves the Liver Qi.

FINALLY.

Exercises to end.

1. Return the Qi to the centre, place your left hand under your right for men and visa versa for women.

- Place your left hand under your right for men and right hand under the left for women.

2. Head Rotation

- Beware of excessive movements as you can trap the carotid artery and nerves and cause fainting.
- If you have a stiff or sore neck only nod your head from side to side and front to back.
- Frees the Yang.

3. Finally

- Collect all the saliva in your mouth and swallow it in one go.

Heaven position - Nei Gong

- Try to elongate your spine by pushing your head skywards, thereby allowing the Ren and Du Mai to flow firmly, as well as keeping the spinal cord in good condition.
- The hands facing inwards with the fingers pointing towards each other with the centre of the palms PC-8 at shoulder height Lu-2.
- Suspend your head as if it is being tugged skywards by a small string from Du-20.
- The elbows slightly flexed and rounded and the elbows below the height of the wrists, Qi flows better in circles.
- The breathing to the Lower Dantien Ren-6 an area 3 fingers width below the belly button should be done with the diaphragm, not the chest. To ensure this try not to raise your shoulders as you inhale, and try to relax your stomach muscles and allow the abdominal contents to move freely.
- Arms at the end should be lowered to in-front of the Lower Dantien to return the Qi to the central area. Place the hands one on top of the other over the Lower Dantien. Left first for men and right first for women

