



Some Chi Gung exercises

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|  | <p>Shrug the Shoulders / Support the Sky</p> <p>Stand with feet shoulder-width apart. Roll the shoulders forward 18 times and then backwards 18 times. Purpose to relax and open the muscles and joints.</p> <p>Interlock fingers, palms up, raise the hands as they come passed the waist start to turn the hands so the palms are up when the arms are straight above your head. Fingers release and arms descend in an arc to the starting position. Breathe in as the hands raise to chest height, breathe out as they hands carry on to the top then start to fall in an arc, at shoulder level start to breathe in again. When doing the exercise feel the stretch in the spine. 36 times.</p> <p>Purpose to stretch the spine and loosen joints.</p> |
|  | <p>Separating Heaven and Earth</p> <p>Stand in the Horse. Bring the hands below the navel with palms facing up the sky. Inhale while raising both hands together up to heart level.</p> <p>When the hands reach the heart and the breath is full, turn one palm out and around 360 degrees so that it faces the sky and continue raising it, and turn the other palm in and around 180 degrees so that it faces the ground and bring it down.</p> <p>Exhale while you turn both palms around and slowly bring them back to heart level.</p> <p>Breath and reverse sides. Benefits: Invigorates the torso with energy. Opens the chest for deeper breathing.</p> |

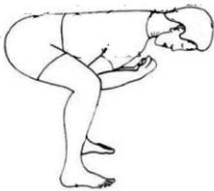


左右開弓似射鵰

Draw the Bow to the Left and Right

Either seated or horse riding stance. Hands come up to sternum then turn slightly to the left and imagine you are drawing a bow, focus on the left index finger as you straighten the arm while pulling the right hand back at the same time. There should be some tension and stretching felt at the chest. Release when at full extension and arms fall in an arc. Repeat exercise to right. Breathe out as you extend arms and in as you relax. Repeat exercise 18 times each side.

Purpose to purge fever in major organs.



1



2

Tiger Stretching

Stand in horse-riding stance with body upright and arms/hands stretched out in front of you. Breathing out, bend at waist until back is parallel to floor- as in fig.1 except the hands will be pointing **backwards** through the legs. Hold there a moment. Breath in as you straighten up and stretch into back-bend with arms up.