|  |  |
| --- | --- |
| **Individual Movements** |  |
| **Awakening qi** | Raise arms to shoulders, palms facing down on the inhale; lower arms on the exhale. Repeat four more times. |
| **Opening the heart** | Same beginning as above, but as the arms rise to shoulders, open them up to the sides, continuing the inhale; bring the arms forward and down on a long exhale. Repeat four more times. |
| **Bending like the willow** *(a variation of this is “dancing with the rainbow*”)  | Inhaling, bring hands over head; exhale bending to he right; inhale up; exhale bending to the left. Count each combined right and left bend as one cycle; repeat for a total of 5 cycles. Finish with hands over head, then lower arms to sides. |
| **Separating clouds** | Bringing hands in towards center, crossing wrists with palms facing up at the lower dantien. Inhale, raising the arms up center of body, rotating palms back towards shoulders, then down, out and up. Raise hands over the head with palms facing up. Exhale as you lower arms down to the sides. Repeat four more times. |
| **Rolling the ball** | At end of previous, swing both arms up in front, palms up. Inhaling, swing right arm to the back, turning your head to watch it. Exhale and roll a ball forward, turning your head to the front. At end of the push, turn palm up and hold. Inhaling, swing the left arm to the back with the head turning and following. Exhaling, roll the ball forward and turn the head to the front. Repeat four more times. |
| **Paddling the boat** | At end of previous, let both arms return to your sides. Inhaling, bring them up, around, down and back, with the palms acting as paddles. Sink down a bit into your knees. Follow thru with the arms coming up around and down again as you paddle the boat across the lake. Repeat four more times. |
| **Lifting the sun** | Reach arms out to the sides, gather qi and bring hands in to the center, creating a qi ball. Rotate the ball clockwise a quarter turn to form the sun (holding the sun in the palm of the right hand, with left hand on the top). Inhale, turn to the right and exhale, raising the sun to the right. Inhale as you lower it, turning to the center, and transfer it into your left hand (left palm is facing up to receive). Turn to the left and exhale, raising the sun to the left. Repeat transferring, and raising to the right and then left for a total of five cycles.  |
| **Placing the Moon in the Sky** | At end of previous movement, bring the qi ball to the center. Rotate it one quarter turn counterclockwise and let it become the moon. Inhale, swing your right arm to the right, reach up, and place the moon in the sky as you exhale. Inhaling, lower your arms and swing the qi ball to the center. Continue turning to the left and exhale as you reach up and place the moon on the left. Repeat placing the moon to the right and then left for a total of five cycles, ending up on the left. |
| **Pushing the palms** | At end of previous, return to the center. Exhaling, push your left palm out and to the right at about a 45-degree angle (your right hand can rest on the right hip with the palm up). Inhale and exchange hands; exhaling, push your right palm out and to the right at about a 45-degree angle. Repeat pushing the palms to the right and then left for a total of five cycles, ending up on the left. |
| **Watching the clouds** | At the end of the previous movement, turn the right hand so that the palm faces in. The left hand stays low and turns so the palm is facing right. Inhaling, move your right hand to the right, leading with your right elbow (your left hand follows to the right). Exchange hands, and now move your left hand to the left, leading with the left elbow, as you exhale (your right hand is now low and follows to the left). Repeat to the right inhaling and to the left exhaling. Watch the palm of your hand as if it were a cloud moving across the sky. Repeat to the right and then left for a total of five cycles, ending up as you swing and exhale to the left. Return to center |
| **Scooping the sea, spraying the sky** | Step forward with left foot, and inhaling, scoop down to the left, scooping the sea in your hands. Raise your hands and arms and separate to both sides as you exhale and spray the sky. Repeat this four more times to the left. Step back on last rise up; switch legs, stepping forward with the right foot as you scoop the sea and spray the sky to your right. Repeat this four more times to the right and step back facing front. |
| **Push and pull the waves** | Step forward with left foot, and exhaling, push out with your hands. Bending your forward knee, pull back low as you inhale. Repeat four more times to the left. Step back, switch legs, stepping forward with the right foot as you exhale and push out with your hands. Repeat four more times to the right and step back. |
| **Dove spreads its wings** | Turn left and inhaling, open arms. Step forward with left foot and bend forward, bringing the hands forward and together as you exhale. Come back inhaling and spreading arms to sides. Repeat four more times to the left. As you come back on the last one, inhale and step back with your left foot. Step forward with left foot and bend forward, bringing the hands forward and together as you exhale. Repeat four more times to the right and step back. |
| **Wild goose flies** | At end of previous move lower hands down. Rise and bring hands above your head, going up slightly on toes. Lower your arms, sinking down into a mild squat. Inhale as you raise arms up, exhale as you lower them and sink down. Repeat four more times. |
| **Punching the air**  | Widen your stance, drop down into horse or pony stance. Arms are at your sides bend at the elbows and pointing out. Hands are in upward facing soft fists. Exhale as you drop down and punch out, rotating your wrist so the fingers are on the bottom of the fist. Pull back and rotate the fist as you rise to starting position on the inhale. Alternate punches from side to side, keeping body square. Do this for a total of ten punches. |
| **Turn the wheel** | At end of previous movement, bend forward and lower arms in front of you. Imagine there is a great stone wheel in front of you. Grab it at the bottom and inhaling, turn it up on the right, swinging your arms up and over the top of your head in a counter-clockwise fashion, and exhaling down to the left. Imagine that you are turning back time. Repeat four times, for a total of five. After the fifth repetition, stop at the bottom and reverse direction, swinging your arms to the left, up and over the top of your head in a clockwise fashion as you inhale, and then down to the right exhaling. Imagine that you are moving time forward. Repeat four times, for a total of five.  |
| **Bounce the ball** | At end of previous movement, from the downmost position, straighten up your body slowly, raising your right hand and left knee, going up on your right toes (if you can); lower onto both feet and shift weight to your left foot. Raise your left hand and right knee, going up on your left foot and toes, and then down again. The image is that of a marionette, or a child bouncing a ball. Repeat back and forth for a total of 10 bounces. |
| **Quiet qi** | Gather qi from the earth at your lower dantian, bringing finger tips together with palms facing up. Bring hands up to your heart center, and then to your upper dantian (although some forms only go up to the middle dantian). Turn hands over so palms are facing down, and smooth the qi over the three dantians (you can bend knees and lower body slightly as you drop your hands down to the lower dantian). Repeat four more times, then let your hands go to your sides in Wuji posture.Nourish your qi saying *“I am in qi, qi is in me”* three times. When you are finished nourishing and communing with you qi, you can close. |