

Individual Movements	
Awakening qi	Raise arms to shoulders, palms down on the inhale; lower arms on the exhale. <u>Repeat four more times.</u>
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	Inhaling, bring hands over head; exhale bending to the right; inhale up; exhale bending to the left. <u>Count each combined right and left bend as one cycle/repeat for a total of 5 cycles.</u>
Separating clouds	Lower arms, swing hands in towards center, crossing wrists with palms up at the lower dantien. Inhale, raising the arms up center of body, rotating hands back towards shoulders, and down and out. Raise hands over the head and exhale as you lower arms down to the sides. <u>Repeat four more times.</u>
Rolling the ball	At end of previous, swing both arms up, palms up; inhaling, swing rt. arm to the back looking at it; exhaling, push forward. At end of push turn palm up and hold, while left arm swings to the back and pushes fwd. Always look at hand swinging to the back (Alt. Use a more curved, rolling motion coming forward.) <u>Repeat four more times.</u>
Paddling the boat	At end of previous, let both arms return to your sides. Inhaling, bring them up around, and down with the palms acting as paddles as you exhale. 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. <u>Repeat four more times.</u>
Lifting the sun	Rise and face center. 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). Turn to the left and inhale, raising the sun to the left. Exhale 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 right and inhale, raising the sun to the right with your left hand. <u>Repeat transferring and raising to the left and then right for a total of five cycles.</u>

<p>Placing the Moon in the Sky</p>	<p>At end of previous movement, bring the qi ball to the center. Rotate it one quarter turn counterclockwise and let it become the moon. Inhaling, swing both arms to the left, reach up, and place the moon in the sky. Exhaling, lower your arms and swing the qi ball to the center. Continue turning to the right and inhale as you reach up and place the moon on the right. <u>Repeat placing to the left and then right for a total of five cycles, ending up on the right.</u></p>
<p>Pushing the palms</p>	<p>At end of previous movement, return to the center. Inhaling, raise your right palm and push it across the body to the left as you exhale. Exchange hands, raising your left palm as you inhale. Now push it across the body to the right as you exhale. <u>Repeat pushing the palms to the left and then the right for a total of five cycles, ending up on the right.</u> <u>REMEMBER-inhale as the hands exchange and exhale on the push.</u></p>
<p>Watching the clouds</p>	<p>At the end of the previous movement, swing the left hand down across the body to the left side; swing the right hand across the body and up to the left at eye level, with the palm facing in. Holding these hand positions (right hand high and left hand low), inhale turning to the right. Exchange hands (left is now high and right is low) and exhale as you turn back to the left. Watch the palms of your hands as if they are clouds moving across the sky. <u>Repeat to the right and then left for a total of five cycles. REMEMBER-inhale as you move to the right, and exhale as you move to the left. End up on an exhale to the left.</u></p>
<p>Scooping the sea, spraying the sky</p>	<p>Face forward, step forward with left foot, and inhaling, scoop down to the left, scooping the sea in your hands. Rock back, raising your hands and arms and exhale as you spray the sky. <u>Repeat this four more times.</u> Step back on last exhale and switch legs, stepping forward and scoop the sea to your right. Rock back, raising your hands and arms and exhale as you spray the sky. <u>Repeat this four more times</u> as you inhale and scoop the sea and spray the sky to your right</p>

Push and pull the waves	Inhale, and exhaling, step forward with the left foot, and bending your forward knee, push out and down with your hands. Inhale as you pull back, bending you back knee and straightening the forward leg. <u>Repeat four more times to the left.</u> Step back, switch legs, stepping forward with the right foot as you exhale and push out with your hands. <u>Repeat four more times to the right and step back.</u>
Dove spreads its wings	Inhale. Step forward with left foot and bend forward, bringing the hands together as you exhale. Come back inhaling and spreading arms to sides. <u>Repeat four more times to the left.</u> 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 together as you exhale. <u>Repeat four more times to the right and step back.</u>
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. <u>Do this for a total of ten punches.</u>
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. <u>Repeat four more times.</u>
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 turn it counter-clockwise, swinging your arms to the right, up and over the top of your head as you inhale, and then down to the left as you exhale. Imagine that you are turning back time. <u>Repeat four times.</u> After the fourth repetition, stop at the bottom and reverse direction, swinging your arms to the left, up and over the top of your head as you inhale, and then down to the right as you exhale. Imagine that you are moving time forward. <u>Repeat four times.</u>

<p>Bounce the ball</p>	<p>At end of previous movement, 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. <u>Repeat back and forth for a total of 10 bounces.</u></p>
<p>Quiet qi</p>	<p>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). <u>Repeat four more times</u>, then let your hands go to your sides in Wuji posture.</p> <p>Nourish your qi saying <i>“I am in qi, qi is in me”</i> three times. When you are finished feeling you qi, you can close.</p>



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