



FLOW TAI CHI

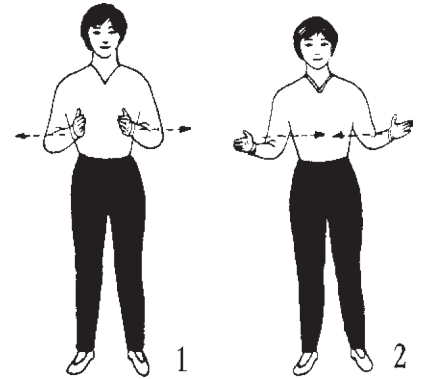
MOVE • BREATHE • RELAX • CONNECT

Fragrant Qigong (Xiang Gong) – Level 1

Starting: feet shoulder width apart, breathe normally. These exercises should be done standing and may be done while watching TV. All exercises should be done 36 times.

PRELIMINARY EXERCISE:

Relax your whole body. Place the hands in front of the body at the chest level. Palms should face each other. The hands should never touch but remain about 8 inches apart. Both hands should face each other, move away and then toward each other. Repeat.

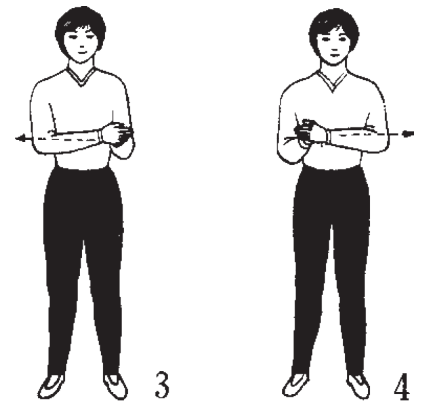


BEGINNER'S GONG (training) – Level I

1. The golden dragon wagging its tail.

金龍擺尾 JIN LONG BAI WEI

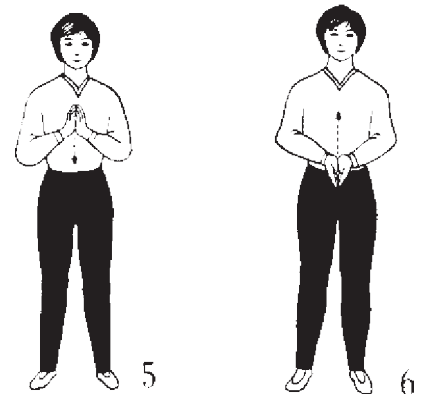
Place the hands in front of the body at the mid-torso level. Place the hands together with the palms touching. Fingers should point straight outward. Swing the hands about 45 degree angle from one side to the other, keeping the hands together and at mid-torso level. Do not move the upper body. Focus on hand and arm movement only. Breathe normally.



2. The jade phoenix nodding its head.

玉鳳點頭 YU FENG DIAN TOU

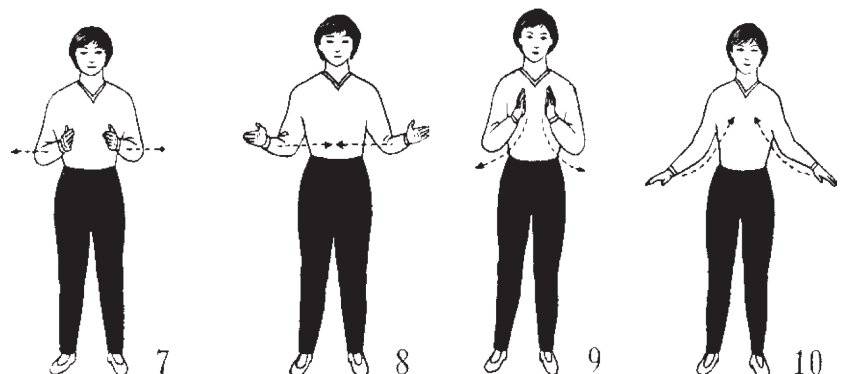
Place the hands in front of the body at the chest level. Place the hands together with the palms and fingers touching. Fingers should point straight outward. Swing the arms up and down while keeping the hands together. Keep the body straight.



3. The character eight dividing gold

八字分金 FO TA PIAO XIANG

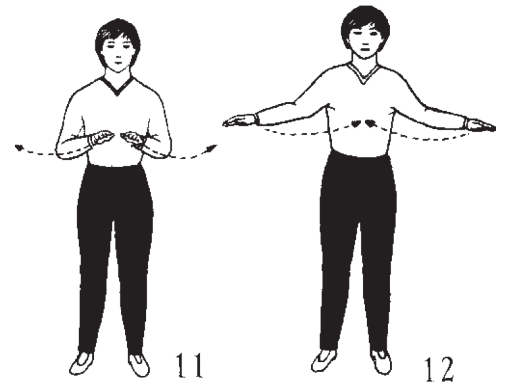
Do the Preliminary Exercise 5 times. Then place the hands in front of the body at the chest level. Palms should face each other close together but not touching. Both hands should swing in an arc movement, coming closer at the top and wider at the bottom. The hands should never touch. Repeat up and down.



4. Playing the stringed instrument

雙手机琴 PO SA FU QIN

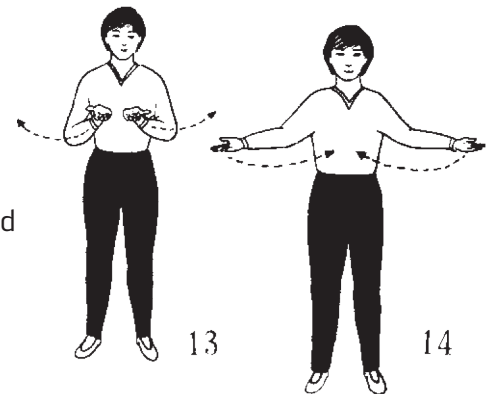
Place the hands in front of the body at the chest level. Palms should face down and hands shoulder width apart. Move the hands to the sides and back, keep them on the same level, (like playing a flat stringed instrument). Do not cross hands. The hands should move inward and then move outward in opposite directions. Repeat.



5. Separating the begging bowl and the wooden fish

砵魚紛飛 BUO YU SHUANG FEN

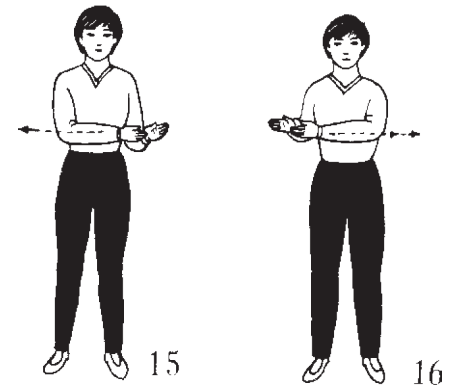
Place the hands in front of the body at the chest level. Palms should face up, fingers pointing forward. Move the hands to the sides and back, keeping them on the same level, (like holding two bowls in the hands). The hands should move inward and then move outward in opposite directions. Repeat.



6. The lotus leaf blowing in the wind

風擺荷葉 FENG BAI HE YE

Place the hands in front of the body at belly-button level. Palms should face each other, but be shoulder width apart. Move the hands from one side to the other keeping the hands the same distance apart. Repeat.

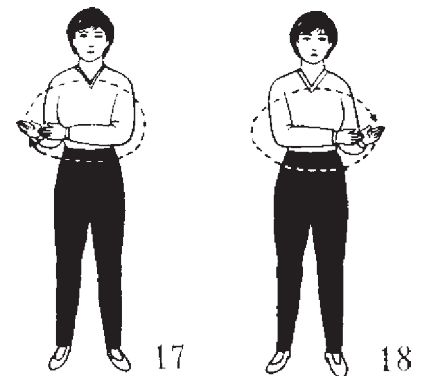


7. Turning the universe to the left

左轉乾坤 ZUO ZHUAN QIAN KUN

Place hands at the bellybutton level with the palms facing each other but not touching, (several inches apart). Rotate the hands together in a counterclockwise, or to your left, motion. Rotation between shoulder height, and lower stomach. Repeat.

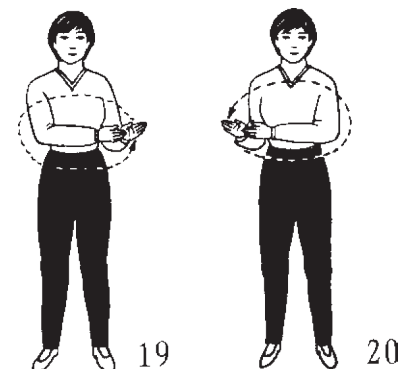
Note: People with heart problems or High Pressure, do not raise hands higher than your heart.



8. Turning the universe to the right

右轉乾坤 YOU ZHUAN QIAN KUN

Same as above but clockwise or to your right and repeat.



9. Rowing the boat

搖櫓渡海 YAO LU DU HAI

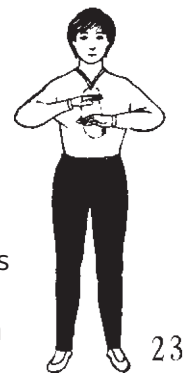
Place hands in front of the body. Place them several inches apart on the same level. Palms should be facing down. The hands move forward, down and then back toward the body, before moving up again. Curl the fingers as if holding the oars of a boat. Pretend you are rowing a boat and repeat this movement.



10. Turning the dharma wheel

法輪常轉 FA LUN CHANG ZHUAN

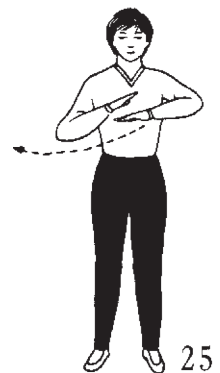
Place hands in front of the body at the mid torso level, with the elbows pointing out and palms facing down. Start with the hands right over left directly on top of each other. Rotate the hands in a circular motion toward the body, replacing left on top, followed by right hand on top.



11. Bodhi Dharma sailing the boat

達摩渡舟 DA MO DU HAI

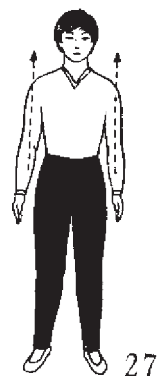
Place hands right over left with palms up. Right hand should be directly over the left hand. Leave space between hands. Elbows are bent and rock the arms side to side as if rocking a baby.



12. The wind filling the ears

雙風貫耳 FO FENG GUAN ER

Start with the hands at your lower stomach level. Bring the hands up to the ears using a swinging motion. Curl the fingers when you swing. Keep the hands several inches from the ears. Swing them back down to your sides and repeat.



13. The golden light shining to the eyes

金光耀眼 YAO YAN FO GUANG

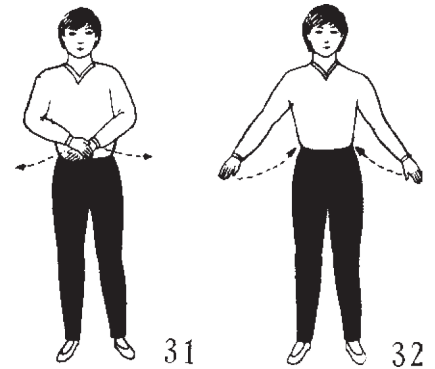
Start with the hands at your sides, eyes closed. Bring the hands up to the eyes using a swinging motion, and open your eyes looking through the binoculars. Curl the fingers when you swing. Keep the hands several inches from the eyes. Swing them back down to your sides and repeat.



14. Crossing the hands

交叉擺掌 PU DU ZHONG SHENG

Place your hands in the centre of the body, below your belly button, right hand over left (keep a small space between hands) and then swing outward to the sides, at a 45 degree angle. Don't swing too wide. Repeat.



15. Palms together

雙手合十 TONGZI BAI FO

Start with the hands at the chest level in the prayer position. Hold in this position for 1-3 minute. Lower the hands and spread them apart in an arc like motion. Eyes may be open half-closed, or closed. Meditate. Do this only once.



CLOSING EXERCISE: 收功

Bring the hands up to the throat level with palms facing away from the body. Curl the fingers and lower the hands down to the waist level making sure the hands are away from the body. Do this exercise only once.

Rub the palms together to make them warm. Then place them over the face but not touching. Bring the hands up to the forehead, together with the palms facing the face. Pull the palms down and over the face from the forehead to the chin.

For people with heart problem or high blood pressure, keep hands at chest level.

