

Level One

of the Three Levels of SAN SHUIPING QIGONG

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QIGONG (Pronounced Chee Gong) means energy cultivation. Qigong exercises develop controlled energy, focus, inner and outer strength and balance, stability and a calm spirit. Qigong has an ancient history in China and is now very popular in the West. There are thousands of Qigong exercises, but quality of movement is more important than quantity, and the 19 exercises listed below represent a good cross-section.

METHOD The exercises should be practised slowly and smoothly, and look almost as though you are moving in water. Breathing should be through the nose, abdominal, soft and smooth. If your breathing is slow and rhythmic, try combining the breath with the moves. The spine should feel elongated and the shoulders should be relaxed. The feet should feel rooted into the earth and the upper body should feel light and agile. The tip of the tongue should be held lightly to the roof of the mouth, with lips gently touching. All movement should appear effortless and seamless.

Repeat each exercise approx. 7 times (unless otherwise stated) and at the end of the set, return to your centre in a shoulder-width stance with the hands resting gently at your centre of gravity, just below the navel (right palm touching body with left palm on top for women, other way around for men). **Note: All qigong moves can be adapted to suit all abilities.**

SHOULDER-WIDTH STANCE

BALANCING THE QI (hands float up centreline, palms up, then down, palms down)

LIFTING THE HEELS (lift heels & lower at same speed) (+ variations for Level 3)

OPENING A FAN (hands travel up centreline above head, then arms open like a fan as you turn waist)

PUSHING THE SKY (link fingers and turn palms up as you push & go up onto toes)

TRADING HEAVEN AND EARTH (one arm up to heaven, palm up, one down to earth, palm down)

HORSE STANCE

CLOUD HANDS (waist movement carries arms to right & left - one palm towards face, the other held low)

COLLECTING QI (arms travel out & up to sides, palms up, then down centreline, palms down)

DRAWING A BOW (draw bow to left side, then right side, index finger acts as sighting device)

DRAWING A CIRCLE (hands travel up centreline, then out to sides, fingers always up)

HOLDING A TREE (arms hold an imaginary tree for 2 mins.)

PUSHING MOUNTAINS (start with fists up at hips, then sink as you push with open hand)

WARDING OFF (start with hands at chest/shoulder height on centreline, top hand facing out, bottom hand facing in, then turn waist - if left hand is on top, turn left; if right hand is on top, turn right)

ONE LEG

BOUNCING THE BALL (hand lifts leg with imaginary string attached from palm to knee)

DRAGONFLY (stationary: fly with arms forward, one leg behind - 15 secs. each leg)

WARRIOR STANDS ON ONE LEG (stationary: fists on centreline, top fist held away from body, lower fist towards body, with one leg up - 30 secs.)

BACK STANCE TO FORWARD STANCE

EMBRACING ARMS (arms arc forwards, palms down as you travel forwards, palms up as you return)

PUSHING A DOOR (push an imaginary door as you travel forwards, then circle hands back to start)

ROLLING A BARREL (hold an imaginary barrel between palms & roll palms in a forward circle)

BACK STANCE

SEVEN STARS STANCE (left foot forward on heel, toes up, hands on long guard - 1 min. each leg)