

# *Level One*

## *of Three Levels of SAN SHUIPING QIGONG*

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**QIGONG** means energy cultivation. Qigong exercises develop controlled energy, focus, inner and outer strength and balance, stability and a calm spirit. 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** See *Essence* p.30-31 and *Posture and Movement Principles* p.70-73 in *The Qigong Bible*. At the end of each exercise, return to Closing Posture (p.57)  
All qigong moves can be modified to suit all abilities.  
**All page numbers reference *The Qigong Bible*.**

**CERTIFICATE** After completing the following qigong moves to an acceptable standard, if you would like a Certificate, there will be a £10 admin charge.

*Note: list first compiled 1999, updated Jan 2019.*

**SHOULDER-WIDTH STANCE** (see Basic Stances p.54)

BALANCE THE QI (p.254)

LIFTING THE HEELS (p.158)

OPENING A FAN (p.116)

ROTATING THE WAIST TO STRENGTHEN THE KIDNEYS (p.142)

EXCHANGING HEAVEN AND EARTH (p.112)

**HORSE STANCE** (see Basic Stances p.58)

CLOUD HANDS (p.240)

COLLECTING QI (p.270 - Shoulder-Width or Horse Stance)

DRAW BOW TO LEFT AND RIGHT (p.185)

DRAWING A CIRCLE (p.130)

HOLDING A TREE (p.176)

PUSHING MOUNTAINS (p.104)

PUSHING TO THE SIDES WITH A FIERCE GLARE (p.115)

**ONE LEG** (see Basic Stances p.61&63)

BOUNCING THE BALL (p.120)

STANDING ON ONE LEG WITH HANDS ON BALLOONS (p.132)

SOARING DRAGONFLY (p.95)

**BACK STANCE TO FORWARD STANCE** (see Basic Stances p.60&64)

EMBRACING ARMS (p.134)

ROLLING THE QI BALL (p.114)

YIN YANG CIRCLES (p.126)

**BACK STANCE** (see Basic Stances p.60)

SEVEN STARS STANCE (p.129)