

Qigong Three Arm Set

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This Qigong set can be a short 5 - 15 minute set. The times are just a basic guide and you could perform the set for as long or as short as you wish, the objective being to get loose before or after a specific activity that places strain on your body.

The set is for beginners and advanced students alike, the set is meant to be part of your daily routine to keep loose, flexible and increase general health.

Qigong exercises should be practised with slow deep breathing, always breathing in and out through the nose. The tip of the tongue should be lightly placed on the roof of the mouth with the jaw relaxed and with a **good posture shoulders down**.

Three Arm Set

Pendulum

Start in shoulder width stance

- 1 minute (min) in this stance
- Then step into front stance to back stance 1 minute each leg (min)
- Return back to shoulder width stance

Knocking on the door of life

Start in shoulder width stance

- From centre - 1 minute (min) in this stance
- Switch to front stance to back stance - 1 minute each leg (min)
- Return to centre then switch onto heels – 1 minute (min)
- Switch onto toes – 1 minute (min)
- Return back to shoulder width stance

Sparrow shaking the earth

Start in shoulder width stance

- 1 minute (min) in this stance
- Switch swing from side to side – 1 minute (min)
- Then step into front stance to back stance 1 minute each leg (min)

Return to a shoulder width stance and gather in the Qi to the Dan Tian

End of set

Important note:

Perform the above in any order for as long or short as you wish. The set is warm up exercise routine for when time is short.