

Qigong Set 1

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This qigong set can be a short 15 minute set or extended to 30 + minutes.

The times and repetitions are the basic set, the times / repetitions in brackets are the goals you should work towards over the coming months.

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 shoulders down.

The exercises should be performed in a rhythmic relaxed way. The Chinese principle of training a little every day builds a good balanced root and encourages Qi cultivation. This in time will significantly improve your health and fitness.

Set 1

The video clip on the website is there as reminder of how the moves are performed.

Start in Ready Stance

Knocking on the door of life - 10 times for each element (adv 20 plus)

Balancing the Qi - 30 times (adv 50 plus)

Front Stance

Grasping the Birds Tail - 20 each leg (adv 30 plus)

Horse Stance

Classic Traditional pushing arms - forward out and up - 15 times (adv 30 plus)

Stance holding

Seven Stars Stance - hold in a back stance – 30 seconds each leg (adv 1 min plus)

Warrior Stance – 30 seconds each leg (adv 1 min plus)

End of set

Return to a ready stance and gather in the Qi to the Dan Tien

Important note:

Perform the above in order for as long or short as you wish, it will take time to be relaxed and comfortable with this set. Qigong is meant to be challenging for everyone, but do not over do your practise to start with, build up times and repetitions slowly over time.