

Qigong stance holding exercises

Qigong exercises should be practised with slow deep breathing, always breathing in and out through the nose, not the mouth. The tip of the tongue should be lightly placed on the roof of the mouth with the jaw relaxed and shoulders down.

Stance holding is very beneficial to improving your root and form. Remember to always maintain a relaxed posture. Stance holding is low impact and very good for building up your health and fitness.

Note:

Do not hold stances with tension. Ensure the feet and toes are relaxed in the stance and not gripping the floor.

Do not overdo stance training, **start off slowly and build up the time you hold stances** gradually. Discomfort is part of stance training but should never be painful.

Again careful attention should be made to ensure you are in the correct stance and posture.

Back Stance Seven Stars (Start with 1 minute each leg)

Horse Stance Holding a tree (Start with 3 minutes)
Advanced Arms above Head (Start with 3 minutes)

Bends End Posture (1 minute)

Front Stance Brush Knee Step posture (Start with 2 minutes per leg)

Drawing the bow to shoot the Tiger (Advanced)
(1 minute each leg)

One Leg Stances

Warrior Stands on one Leg (Start with 1 minute each leg)

Balance on Imaginary Supports (Start with 1 minute each leg)

Dragonfly (Advanced) (Start with 30 seconds)

Note:

This is not an exhaustive list of stances, but a selection that I use in my classes.

To gain the full benefit of any training program will require that you attend a Tai chi or Qigong class to ensure that your postures and stances are correct.

Alan Austin

Tai Chi Union GB Advanced Instructor

January 2015

Email aaustin0567@gmail.com

Web Site www.taichiforsport.com