

CG Martial Arts Academy

Eight Essentials of Tai Chi Qigong Set:

Repetitions: This depends on the starting level of health but generally 5-10 full repetitions (both sides) are recommended for health while 30-50 repetitions will build martial strength and energy. Breathe as long and as slow as possible.

Note: Essentials 1-3 can be done in one continuous motion.

1. Standing Posture:

- Feet together, knees bent 20%.
- Raise both hands up in Fair Lady's wrists then back down to sides.
- Knees begin bent at 20%, when wrists up are above head the knees should be locked straight and then be back to 20% bent when hands return down to sides.
- Shift weight to right leg, keeping your right leg 20% bent.
- Slowly step out with left leg into a natural stance.
- Continue Fair Lady's wrists.
- Hold position at varying heights for as long as you can hold it.
- Initially hold position for one minute and build up to five or more.

2. Holding the Ball:

- Natural stance.
- Bring hands up in Fair Lady's wrist up above head.
- Split hands bringing them down each side.
- As hands reach waist level bring the hands around into low holding the ball (waist high).
- Hold position initially one minute and build up to five or more minutes.
- Bring hands up above head with Fair Lady's wrists.
- Split hands and bring down sides to high holding the ball. (Arm's vertical).
- Hold position initially one minute and build up to five or more minutes.

3. Bending the Waist:

- Natural stance.
- Bring hands up in Fair Lady's wrist up above head breathing in.
- With the hands leading bend at the waist, only going down as far as you are comfortable with while breathing out.
- Breathe in and then breathe out. On the exhale – try to bend lower.
- Raise slowly with head leading followed by the hands.
- Repeat.

4. Riding the Tai Chi Horse:

- Natural stance.
- Shift weight to the left foot then step out with the right.
- Bring your hands up and down in Fair Lady's wrists.
- Lift your hands up while breathing in. When your hands are mid chest height begin pulling up the right knee as if your knee was connected to your hands with string.
- Bring your hands down to level (90 degrees) palms facing out while bringing right heel back down to the ground.
- Drop the wrists so fingers are facing down and shift weight to the right foot bringing the left foot in a cat stance.

- Step out with left foot repeating the exercise on the left side.

5. Swinging Step:

- Natural stance.
- Turn to the right side and begin with riding the Tai Chi Horse lifting the hands up in Fair lady's wrists.
- As you bring your hands down begin bending the waist sitting back on your left leg and reaching to touch your right foot.
- Breathe in and rise bringing your hands up in Fair Lady's wrists.
- Breathe out and bring your hands down to your sides - palms down.
- Shift your weight to your left foot and do a quick low swing step with right foot then lift leg with a high swing step.
- Turn to your left and bring the left foot back into a cat stance. Repeat movement on left side.

6. Carry Tiger Up the Mountain:

- Natural stance, hands at sides.
- Breathe in while lifting arms overhead, palms forward.
- Breathe out and lower the arms and bend the waist until touching the floor (or as far as you can – don't force it).
- Breathe in and breathe out, trying to lower the stretch with each breath out. Do not force yourself to go lower than your body is ready for.
- Grab behind ankles and forcefully exhale.
- Slowly begin bringing your hands up straightening your back until hands are overhead. (Doing this quickly can cause dizziness).
- Variations include bending knees while bent over breathing in and then straightening them breathing out.

7. Rooting: Increases vitality and vigor. Cultivates spiritual strength.

- Wide stance.
- Hands in fists at groin.
- Breathe in while bringing them up to middle chest.
- Punch out with right hand while breathing out and bring left fist to cocked position.
- Bring the right fist back to middle chest breathing in.
- Form prayer hands and lower stance while pushing prayer hands straight up.
- Turn palms out while breathing in and straightening up.
- Breathe out while bringing hands down each side in circle.
- Breathe in while bringing fists up to middle chest.
- Repeat with left side. (Left punch).
- Doing the exercise on both sides counts as one repetition.

8. Ascending Tiger/Dragon: Stimulates blood circulation, tone nervous system, prevent constipation.

- Natural Stance, hands at sides.
- Breathe in raising hands overhead, palms facing outward, rising on the ball of your foot.
- Drop down on your heels fast - breathing out.
- Variation: Bring hands up overhead then lower stance – bending the knee – while pushing hands straight out in front of you.