

# CG Martial Arts Academy

## Five Centering Qigong Set

Centering is a very important concept in Tai Chi. Working our legs (our root) develops great power and strength.

**Focus:** Centering the breath in the Dan Tien (energy storage spot generally three inches below the navel).

**Repetitions:** This depends on the starting level of health but generally 10-20 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.

- 1. Energy Circles:** This exercise develops the power in the waist and builds energy in the stomach.
  - Feet shoulder wide (natural stance).
  - Bring arms up – about forehead height – palms facing away, fingers spread apart, thumbs facing down.
  - Turn waist to the right, knees drop into hourglass position (knees touch together) until your upper body is facing 45 degrees.
  - Turn back to center breathing in and bringing feet back into natural stance.
  - Repeat other side – both sides are one repetition.
  - Second set will be to raise hands to chest height.
  - Third set brings hands up to hip height.
- 2. Energy Arms:** This exercise develops the power of sinking as you strike. This exercise builds energy in the liver.
  - Feet shoulder wide.
  - Place left hand straight out, palm down, fingers straight out.
  - Right hand cocked back at side - palm up, fingers straight out.
  - Knees 50% bent.
  - Bring right hand straight out until its directly under the left hand, palm up. (Small holding the ball position). At the same time you are bringing the right hand out, slowly straighten your legs while breathing in through your nose. When the right hand is straight out, the knees should be locked straight.
  - Slowly turn the ball over counter-clockwise until the right hand is on top palm down and left hand is underneath, palm up.
  - Slowly bring the left hand back into the cocked position while bending your knees and breathing out through your mouth. This should be timed so that when your left hand is in the cocked position, palm up at the same time you finish exhaling and have sunk down to where your knees are 50% bent.
  - Doing the exercise on both sides counts as one repetition.

3. **Energy Shuttle:** This exercise is a powerful combination of an upper block and palm strike or block. This exercise helps the heart by activating the heart meridian.
- Feet shoulder wide.
  - Bring the hands out into a large holding the ball, palms facing your chest, thumbs up, fingers slightly spread. Knees bent 10%.
  - Breathe in through nose.
  - When you are ready to exhale (through mouth) turn your waist to the right bringing your arms into the shuttle position. (Right hand high block, left hand palm strike). Step out to your right with your right foot and bend the knee, straightening the left leg (right bow stance).
  - Breathe in through your nose as you turn the waist to the front position going back into the large holding the ball position.
  - As you exhale turn your waist to the left going into the left shuttle position (left hand high block, right hand palm strike). Step out to the left with the left foot into a left bow stance.
  - Doing the exercise on both sides counts as one repetition.
4. **Gather and Disperse:** This exercise generates a lot of heat in the body as you work your legs. This exercise helps the kidneys.
- Wide stance.
  - Bend knee like you are sitting down, keeping back straight. Lean forward keeping left hand on hip; lower your right hand down to where you are touching the floor.
  - Sweep the floor from right to left with your right hand moving your weight between legs. As you sweep to the right your body weight should go to your right leg while locking straight the left.
  - When you are facing the left – scoop up with hand to chest height (gather) – then bring the right hand - palm out from the left side – to the right side (disperse).
  - When you are in the gather position, the left knee is bent and the right knee is locked straight. When you disperse to the right – the right knee is bent and the left knee is locked straight.
  - Breathe in gather, breathe out disperse.
  - Repeat with the left hand.
5. **Energy Pendulum:** This is a rooting exercise that works on balance and develops great strength in the legs.
- Start with feet together, heels touching, than step out with right foot.
  - Hands in playing the guitar position (left hand high).
  - Shift your weight to your left leg until you have 95% of your weight on your left leg with only 5% weight on your right.
  - Breathe in and raise hands and breathe out and lower hand past your side.
  - When you rise your knees should be straight, when you lower your hands also bend your knees 25%.
  - Alternate lowering the hands on each side of knee. Work on figure eight, swinging arms high in the air.
  - Your left leg will feel like it is being screwed down into the ground.
  - After doing your repetitions, bring your right foot to heels touching, then step out with left foot and bring arms into playing the guitar, right hand high. Repeat figure 8 movements.