

CG Martial Arts Academy

Five Organ/Five Element Qigong Set

This is an old Taoist set. Many forms and styles are considered to be Taoist, commonly known as Wu-dang styles. Wu-dang meaning they originated in the Wu-dang mountain temples.

Focus: Internal organ massage – places and opens up organs to let energy flow more freely. The elements have to do with those certain acupuncture points of the nervous system. The Chinese say that your organs keep you alive and so cultivating the flow of energy through them is essential and that is why that is the first set along with the fact that the movements also open the upper body movements and coordination that is needed in Tai Chi.

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. Lungs – Air/Metal:** Goal is to open up the chest and lung area.
 - Feet shoulder wide
 - Hands straight out in front, palms down, elbows locked.
 - Breathe in while bringing both arms back to the sides keeping elbows locked turning the palms so that they are facing up.
 - Breathe out while bringing arms back to the front turning the palms so they face down.
- 2. Kidney – Water:** This exercise expands and contracts the kidney area.
 - Feet shoulder wide.
 - Right hand behind the back on left kidney, palm out.
 - Raise the left hand in front of the right side of the body palms up, lifting the hand straight up and over bringing it down behind the head on the left side as you turn the waist to face the left side. (Keep legs from turning).
 - As the hand travels below the waist, bend the knees and turn the wrist so that the palm is facing up as you scoop upward, straightening the legs.
 - Breathe in as the hand travels up and over and breathe out as the hand travels down and under.
 - As your hand reaches the highest position your legs should be locked straight, when your hands reach the lowest position below the waist your knees should be 30% bent.
 - Switch sides – doing the exercise on both sides counts as one repetition.
- 3. Liver – Wood:** This exercise focuses your breath and energy on your 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 30% bent.
 - Bring right hand straight out until it's 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 30% bent.

- Doing the exercise on both sides counts as one repetition.

4. **Heart – Fire:** This exercise opens up the energy meridians from your heart out to your fingers.

- 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). (Keep your legs from turning).
- 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).
- Doing the exercise on both sides counts as one repetition.

5. **Stomach – Earth:** This exercise focus your breath and energy on your stomach.

- 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 your nose as you turn your waist until you are facing the right. (Keep your legs from turning).
- Turn your right hand to palm down and the left hand to palm up. Bring your right hand straight down finger pointing behind you until elbows lock at the same time bring your left hand straight up finger pointing behind you until your elbow locks. Breathe out until your elbows are locked.
- When both arms are locked the hands should be directly over each other, left hand above your head palm up finger pointing behind you and right hand below the waist palm down with fingers pointing behind you.
- Breathe in as your turn your waist to the front moving your hands into the large holding the ball position and then turn the waist until you are facing the left.
- Turn your left hand to palm down and the right hand to palm up. Bring your left hand straight down finger pointing behind you until elbows lock at the same time bring your right hand straight up finger pointing behind you until your elbow locks.
- When both arms are locked the hands should be directly over each other, right hand above your head palm up finger pointing behind you and left hand below the waist palm down with fingers pointing behind you.
- Doing the exercise on both sides counts as one repetition