

# CG Martial Arts Academy

## Hua Tuo's Crane Qigong Set

### 1. Waking Crane:

- Stand relaxed facing 12:00, heels together and toes out; arms in a circle with hands at Dan Tien, palms up, middle fingers touching.
- Inhale, rise, palms ascend to sternum level. Exhale, sink, palms descend to Dan Tian.
- Repeat.

**Additional:** This stretches and opens the achilles tendon. You may wish to hold the lower posture for 1-3 breaths to relax and move deeply into the movement.

### 2. Crane Opens Wings:

- Stand relaxed facing 12:00, arms extended (but not locked) at ear height to 3:00 and 9:00. Wrists are high as hands and fingers droop downward.
- Exhale, sink, hands slowly shift to fingers pointing upward.
- Inhale, rise, hands slowly shift to fingers pointing downward.
- Repeat.

**Additional:** Heels are now apart and toes out so that the body can compress more.

### 3. Flying Crane:

- Stand relaxed facing 12:00, arms extended (but not locked) at shoulder height to 3:00 and 9:00, hands and fingers droop downward.
- Exhale, sink, arms descend until totally down. Hands are palms down and extended back so that fingers point to 3:00 and 9:00.
- Inhale, rise; arms rise with wrist leading the hands as they ascend, fingers droop downward; arms stop at shoulder height.
- Repeat.

**Additional:** Feet are as wide as is comfortable. Toes out, heels in. Compress as low as possible, keeping back straight and structure solid.

### 4. Crane Spreads Wings with Ping Chi:

- Facing 12:00, inhale, begin in "Hourglass Position" (feet slightly apart, knees together and flexed); arms in front, hands crossed and palms directly in front of knees, head down.
- Exhale, rise; arms extend outward at sides, palms face 12:00; head also rises.
- Return to beginning position. Repeat.

**Additional:** Use reverse breathing. Breathe in as you contract and out as you expand. Notice the shift in body temperature. Be sure to not overheat or become short of breath in training.

### 5. Crane Spreads Wings and Returns to Hourglass:

- Facing 12:00, exhale, begin in "Hourglass Position".
- Inhale, step out with the left foot and face 9:00 while "Spreading Wings" with palms outward. Right heel is up and right knee drops down.
- Exhale, return to 12:00 and "Hourglass Position".
- Inhale, step out with the right foot and face 3:00 while "Spreading Wings" with palms outward. Left heel is up and left knee drops down.
- Exhale, return to 12:00 and "Hourglass Position".
- Repeat.

**Additional:** Work width of stance according to your body and goals. Stretch back leg out by keeping back leg straight or dropping back knee in varying degrees to the ground. Maintain structural integrity.

## **6. Swooping Crane:**

- Facing 12:00, feet together, arms downward in front of body, left hand over right, shift to face 11:00.
- Left hand still over right, raise arms toward 11:00. When arms point directly outward, continue to raise the arms with the left knee simultaneously rising, as though connected to the hands with a string.
- Continue movement smoothly, bringing hands up slightly above head with fingers lightly touching thumb to form "Crane Beak".
- Smoothly, return leg and arms to starting position.
- Repeat.

**Additional:** Knee rises, toes down, wrists rise. Palms drop -- heel drops.

## **7. Crane Skims Water:**

- Facing 12:00, hands at sides, feet comfortably apart, hands form "Crane Beak" as left foot steps forward; both arms gracefully swoop forward "Skimming Water" as body shifts forward.
- Reverse the movement with body shifting back and arms gracefully return to the side.
- Repeat.

### **ADDITIONAL:**

Watch weight shift and connected movements. Expand and contract based on health and body flexibility.

## **8. Moving Crane Spreads Wings:**

- Facing 12:00, basic movement is the same as in #5 "Crane Spreads Wings and Returns to Hourglass". Begin with the "Hourglass Position" and step out with the left foot to 10:00 while performing "Crane Spreads Wings" to 10:00.
- Right foot steps up next to left foot; return to "Hourglass Position" facing 10:00.
- Right foot steps out to 2:00 while performing "Crane Spreads Wings" to 2:00.
- Repeat the movements moving forward or in stationary position.

**Additional:** Work your legs according to your ability to stretch them and strengthen them. Your muscles place continuous tension on your body, so in Tai Chi we want to lessen that pressure. Your tendons and ligaments work most when they are compressed, so we compress the body to strengthen them. We then want the two groups to work together for maximum efficiency.

## **9. Opposing Palms:**

- Facing 12:00, movement opens with feet comfortably apart, left foot steps out to 12:00;
- Right arm extends with fingers spread wide to 12:00;
- Left arm extends with fingers spread wide to 6:00; palms turn up.
- Right foot steps forward to meet left; arms return to original position.
- Repeat.

**Additional:** This movement can be done in a stationary posture with feet together. As hands reverse and move through the center, they work with the crane hands.