



Qigong Forms (1)

Tang Dynasty Five Elements Form

A Kinesthetic Mnemonic to practice concepts in form

Earth "oooh" Grounding, Centering
Expand the Chest to Cleanse the Body 3x's
Pouring the chi in

Metal "tsss" "psss" Relaxation
Big Bear Swims Through Water
Gather front

Fire and Water "aaaah" "hmmm" Extension/Awareness and Flow
Boat Rowing with extension and release 2x's either side

Wood "shhhh" Strength and Flexibility, Circularity
Sweep Lotus
Gather each side and front

Earth again and continue... or end.



The Eight Silken Forms

- 1) Introduction
- 2) Pressing Heaven with Both Hands
- 3) Pointing Out the Eagle
- 4) Reviewing the Four Corners
- 5) Forming the Force
- 6) Upon A Divine Horse
- 7) With a Gentle Fist
- 8) Welling the Life Root



Qigong Forms (2)

Yang Family Tai Chi Qigong

Sinking the Qi into the Lower Dan Tian
Releasing or Relaxing the Exterior
Pouring the Qi into the Bai Hui

Moving Mountains Left and Right
Push the Palms & Settle the Wrists
Big Bear Swims Through Water

Looking Mountains Left and Right
Eagle Catches Its Prey
Lion Rolling a Ball

White Crane Spreads Wings
Spiraling the Dan Tien
Massaging the Internal Organs



Northern Star Qi Gong Set One - The Five Elements

Earth - Accumulating the Three Treasures into the Cauldron
Water - Drawing in the Rainbow and Radiating its Colors
Fire - Travel 10,000 Miles to Hold Up the Sky
Metal - Enter the Crown to Wash the Marrow
Wood - Eagle Flies in the High Heavens

Northern Star Qi Gong Set Two - Fusion Of Five Elements

Drawing the Bow to Shoot the Eagle
It's Wise to Look Back
Turning Heaven and Earth

White Crane Spreads Wings
A Stable Stance at the Water's Edge
Turning the Head and Wagging the Tail

Clearing All Meridians