



## 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.



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### 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



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### 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