

TAICHI QIGONG WARM-UP ROUTINES (1)

Compiled and demonstrated by Liping Zhu L.Ac.

(Form featured in Qi Dragon's Qigong Taichi Warm-up Routines DVD)

1. **Waist Rotation:** Feet together. Hands on kidney area.
2. **Hip Rotation:** Feet one-foot width apart. Hands on hips.
3. **Knee Rotation:** Palms on knees. Feet together. Keep shoulders down.
4. **Ankle Rotation:** Rotate ankles on toes. Focus your mind on your ankle.
5. **Side Stretch:** Interlace fingers over head and turn hands so that palms are facing up. Feet together.
6. **Front Stretch:** Keep legs straight. Hands reach down with interlaced fingers. Feet together.
7. **Arm Waves:** Send Qi waves from one arm to the other. Feet together.
8. **Shoulder Rotation:** Keep shoulders relaxed. Feet shoulder width apart. Rotate forward and backward.
9. **Neck Rotation:** Do it smoothly and gently. Don't stretch your neck but feel the range of motion and try to listen to your neck. Feet shoulder width.
10. **Fairy Crane Touches the Water (Chin Circle):** Use chin to make a smooth relaxed circle. Relax shoulders and spine. Feet shoulder width apart.
11. **Arm Swing:** Stand in a bow stance (front knee bent, back leg straight). Keep arm straight and as close to the ear as possible. Focus on the rib cages opening and closing. Swing arm forward and then backward.
12. **Closing:** Deep breathe three times with arms collecting good energy and send it down to your Lower Dan Tian (below navel area). Do standing meditation with hands overlapping at your Lower Dan Tian (Female - right hand inside; Male – left hand inside) or making a diamond Mudra. Swallow down your saliva.

Key Points:

Keep your mind concentrated; feel the part that you are moving; do not rush through the movements; modify your movements if needed; avoid over stretching. Be consistent every day and do each movement 36 times if possible!