Qigong and Foundational Exercises

Qigong and Foundational Tai Chi Exercises				
			Form	**Notes**
			6-Breaths	
			Standing Practice	
			Kou Xin Zhai (Purifying the Heart)	
			Chi massage	
			Kidney Massage	
			Legs	
			Arms	
			Wrists	
			Hand massage	
			Eye massage	
			Foot pumps	
			Needle at the bottom of the sea	
			Gathering the Chi of the Heavens	
			Gathering the Chi of the Earth	
			Separating the Sky and the Earth	
			Centering	
			Open the Lungs	
			Spinal Cord Breathing	
			5 Elements (Hokey Pokey)	
			Dragonfly Exercise	
			Shift and Turn	
			Bird’s Extension	
			Deer’s Fleetness	
			Tiger’s Pounce	
			Golden Beam to Restore the Column	
			Overcoming Your Distractions	

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Grandmaster Wu's 13-Exercises				
			Form	**Notes**
			Form 1: Stretching the Body with the Qi from the Sky and the Earth	
			Form 1: #1	
			Form I: #2	
			Form I: #3	
			Form I: #4	
			Form I: #5	
			Form I: #6	
			Form 2: Xing Gong	
			Form 3: Bear Swing	
			Form 4: Dao Nian Hou (Ape's Step Backward)	
			Form 5: Flapping the Body	
			Form 6: Tuo Yue Gong (Bellows Exercise)	
			Form 7: Yun Shou (Cloud Hands)	
			Form 8: Bend the Body and Propel the Qi	
			Form 9: Nine Changes to Nine	
			Form 10: Cultivate the Tan Tien	
			Form 11: Qi Shi (Preparation Form)	
			Form 12: Tui Shou (Push Hands)	
			Form 13: Ta Lu (Four Corners)	