

Taiji Qigong (Tai Chi Chi Kung)

Tai Chi Chi Kung consists of a series of 18 simple, yet highly effective exercises which can help to promote the body's natural healing energy, reduce stress and create a feeling of well being.

The Chinese have, for thousands of years, been aware of a system of internal energy which travels through pathways or meridians in the body. They refer to this energy as Qi (Chi). Each meridian connects to different internal organs and ensures a healthy 'energy' flow to the connected organ. When the Chi flow is regular the body will remain healthy. However, if there are blockages in this energy flow, problems can result.

Think about a river. When the river flows regularly it remains fresh and everything within it is healthy. However, if the river becomes stagnant, plants begin to decay and rot. The more you can keep this Chi energy flowing smoothly through your body, the more fresh and alive you will feel too!

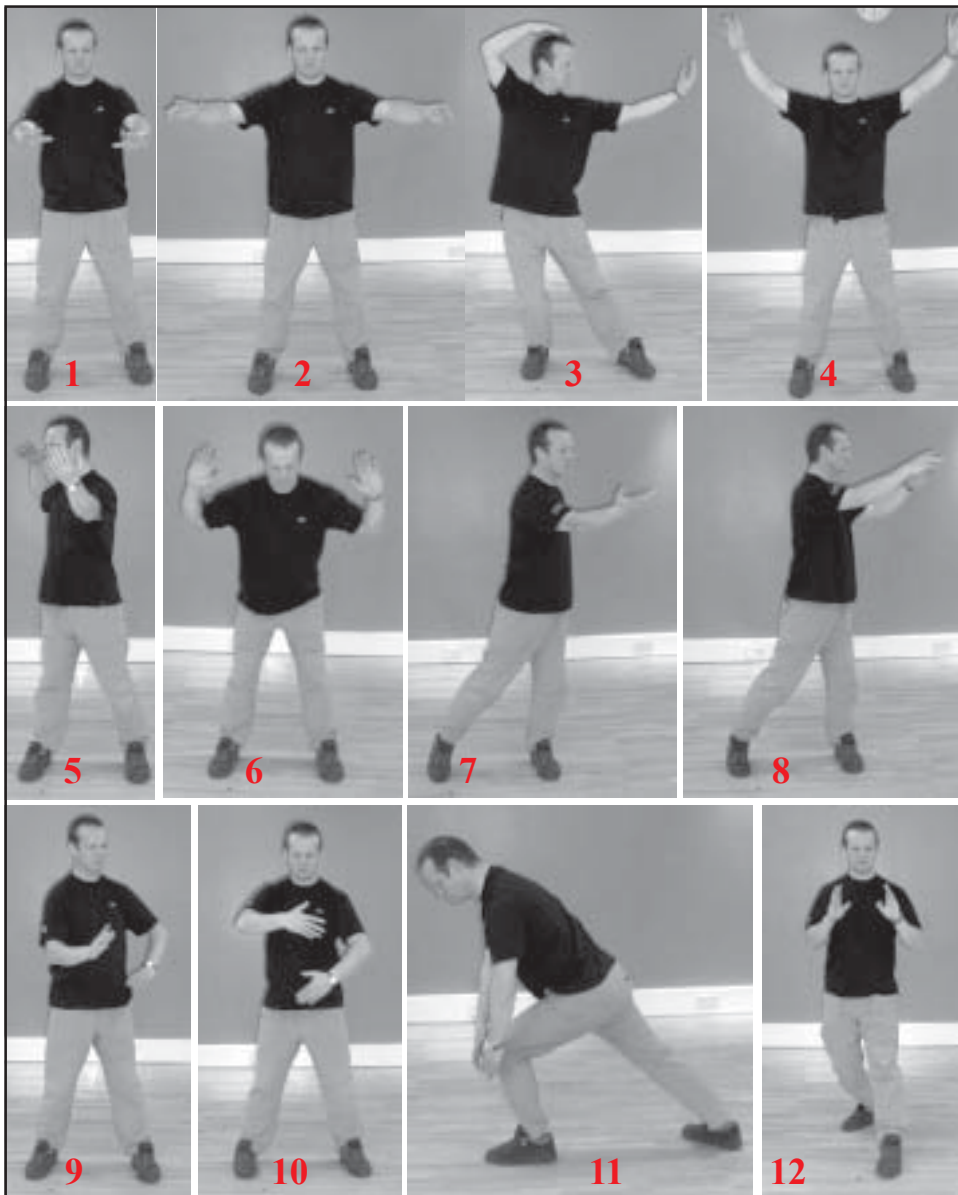
Chi is the energy system and Kung means work or cultivation. Therefore Chi Kung is a system of exercise designed to promote or cultivate the flow of internal energy.

When we wake up in the morning we often stretch our arms above our heads and then rub our eyes. By stretching the arms you are opening the meridians to allow the energy to flow and by rubbing your eyes you are stimulating some of the many acupoints which surround the eye sockets. There are many other natural exercises which we do stimulate our internal energy system without being aware of why we do them. For over 2,000 years the Chinese have studied this internal energy system and have created exercises to ensure the flow of Chi energy is kept at its optimum level.

Tai Chi Chi Kung will help to restore lost energy leaving you feeling more alive and revitalised! In order to get the best from your practice, please try observe the following simple points.

- 1 Move gently and naturally, don't overdo anything.
- 2 Breathe softly and naturally.
- 3 Don't stretch or strain to do any of the exercises.
- 4 Try to keep the body in alignment. Don't 'crink' the neck or 'bow' the back.

Think about the natural movements of animals. Take a look at your dog or cat, or even how the birds take off and fly. These creatures don't carry the stresses and strains in their bodies that we humans do. Try to emulate the smooth, easy, natural movements that you see in the rest of nature.



As taught by Ronnie Robinson

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1 Lift Hands

Think of drawing the energy from the earth through the Yongquan point and stay focused with lightness in the hands, on the Laogong point.

This exercise is good for calming and relaxing the mind and helps to settle the Liver Qi which can become over active and agitated causing you to lose your composure. Blocked Liver Qi also creates anger and frustration.

2 Opening The Chest

Again the main focus is on the Laogong point.

This exercise is good for strengthening the heart and lungs which helps to reduce depression. The Heart affects, and is affected, by joy/excitement. The Lungs affect and are affected by grief and depression.

3. Rainbow Dance

Focus on the Laogong point, letting it rest above the Behui point.

This exercise strengthens the stomach and digestion, strengthens the heart, strengthens your resistance to disease and helps to reduce headaches.

4. Separating Clouds

Focus on the Laogong point, bringing it up the front of the body and turning the hands open as you bring your arms down.

This exercise is good for the heart and lungs because you are flushing Qi along the lung, heart and pericardium channels in the chest. It also clears the head and awakens the brain because it increases the flow of oxygen to the head.

5. Rolling Arms

Focus on the Laogong point and let the Hegu point pass the Tai Yang point.

Good for headaches, migraine and pain around the eyes. It helps to clear blocked Qi in the Gall Bladder channel in the head. The Liver and Gall Bladder channels also have a strong connection with the eyes.

6. Rowing the Boat

The focus is on the Laogong point.

Good for Kidney and Gall Bladder because the bending forward and back stretches the Kidney and Bladder areas. Helps to combat stress.

7. Lifting the Ball

The Hegu point aligns with the Huantiao point with your attention around the Laogong point.

This exercise increases confidence because of the strong open posture making your spirit more open and 'uplifted.'

8. Looking at the Moon

Your focus is on bringing the Laogong points together.

This exercise tonifies the Spleen channel whilst stretching the Liver and Gall Bladder channels. It helps to increase circulation and increases the energy flow in the chest and upper body leaving you, feeling more 'open' and stronger.

9. Pushing Palms

Focus is on the Laogong points and around the Belt Channel.

This exercise aids digestion and regulates bowel movement because of the attention and focus around the lower Dantien.

10. Cloud Hands

Be aware of the Laogong points opposite the middle and lower Dantiens.

This exercise helps to calm the mind because of the soft focus on the hands.

11. Touch the Sea, and Look at the Sky.

The Laogong point aligns with the Zusanli point.

Because of the increased flow of energy in the Heart and Lung meridians this exercise is good for depression and melancholia.

12. Pushing the Waves

Focus on the Laogong point whilst the Hegu point aligns with the Qihu point.

This exercise is good for kidney and bladder function because of the water imagery and helps to clear tensions and anxiety.

13. Flying Pigeon

Attention is on bringing the Laogong points together.

Helps to reduce depression by increasing the flow of energy in the upper body and along the heart meridians.

14. Punching

Focus on the Laogong points.

Aids digestion and regulates bowel movement and helps to build resistance against adverse weather conditions as the defensive Qi is strengthened.

15. Flying Wild Goose

Focus on the Laogong point and feel your connection through the Yongquan.

This exercise opens and expands Qi in the upper torso, strengthening the lungs and reducing depression and feelings of isolation.

16. Rotating the Wheel

Focus on the Laogong point.

Moves the Qi and blood through your hands and is good for dispersing stagnant Qi in Liver and Gall Bladder meridians. It improves vitality by the elimination of waste products by flushing the kidneys and stimulating bowel and liver function.

17. Marching Whilst Bouncing the Ball

Focus on a connection between the Laogong and Yongquan points.

Improves coordination by balancing the left and right hemispheres of the brain.

18. Sao Gong (Calming the Qi)

Connect from the Laogong points through the upper, middle and lower Dantiens, storing the Qi in the lower Dantien. - *Calms the mind and stores the energy.*