

About this leaflet

This information, produced by Ronnie Robinson, is intended for use by students who he has taught and should not be considered as definitive instructions for these exercises. The images provided are intended to act as a visual reminder to those who have been taught the system and by no means should be used as a primary teaching aid. Although the exercises are easy to learn, and simple to do, one should pay close attention to the advice provided below.

If you are unable to attend a class taught by Ronnie Robinson or one of his approved instructors you may find his DVD (or video) 'Chi Kung for Health & Vitality' helpful as it includes the exercises depicted here as well as the 1st 18 exercises. They can be ordered from the website below.

General Advice

All of these exercises are accessible to all ages and physical conditions and can be adapted for those with special needs. Anyone who undertakes an exercise programme should pay close attention to their body's feelings, noticing when they reach the point of trying too much or 'overdoing' things.

Qigong exercises for health should be done smoothly and evenly with no stretching or straining. The movements here are done in conjunction with the breath which should be deep and relaxed from the lower abdomen. Once familiar with the exercises and the body's capabilities one could consider gently extending their range of movement by deepening the stances for a more thorough 'workout'. However the important thing to consider is that these exercises are for increasing your energy levels, not depleting them.

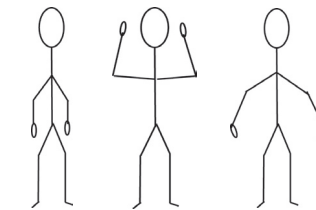
When learning the postures, try to familiarise yourself with two or three only and then progress to the next set when you are able to perform the others without having to think about them too much. This way you will come to know each posture better and retain them longer.

After any exercise routine a period of stillness helps to conserve the energy you have been working to develop. Try to spend some time in silent meditation, listening to your breath and keeping your awareness in your lower abdomen.

Taiji Qigong (Tai Chi Chi Kung) 2nd 18 Exercises

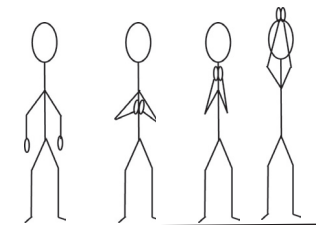
1. Regulating the Qi

Lift the hands, shoulder-distance apart, up the front of the body and then bring them down the sides of the body, palms down, bending the knees as you bring the arms down and raising them as you bring the arms up.



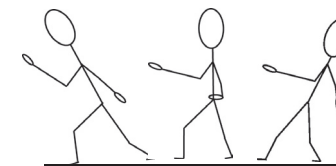
2. Zhou Tien Circle (Microcosmic Orbit)

Hold both palms lightly together at the Dantien and bring them up above the head whilst rising the knees. Point the hands downwards as you bring them down whilst sinking the knees. Focus on the energy coming up the spine, across the top of the head, and then down the front of the body to the Dantien.



3. Wind that Blows the Willows

Step forward with one leg and extend one arm forwards and the other out behind, weight on front leg. Shift the weight back whilst looking behind and allow the arms to change direction with the turning of the body. Change legs and repeat to the other side too.



4. Searching for Needles at the Bottom of the Sea

Extend one leg forward, toe touching the ground, with no weight on it. Keeping the weight on the back leg bring the palms at either side of the leg and bring them down the legs. Step back to the feet together whilst bringing the palms to rest at the Dantien. Do to both sides.



5. Fisherman Casts the Net

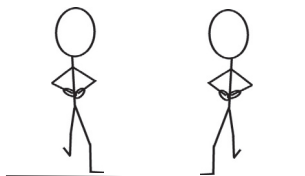
Hold both palms facing outwards, one at head height and the other at waist height. Turn the waist and allow the arms to follow whilst focussing outwards like 'casting a net.' Repeat from side to side.





6. Immortal Points at the Road

Start with fingers in 'sword-hand' position, one at head height, facing outwards (hegu to sky-eye) whilst the other points out, along the side, at shoulder height whilst the arm is extended but not locked. Start with one leg behind the other, step to the side whilst circling the arms. Sink as little or as much as you feel comfortable.



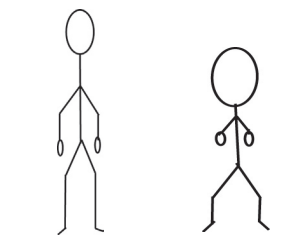
7. Obstately Stretching the Leg

Stand on one leg whilst raising the other knee up to waist height, then stretch the leg forward with the sole of the foot kicking out.



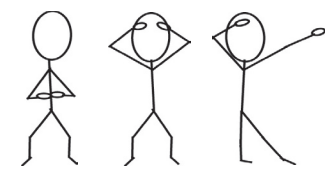
8. Holy Crane Worships the Moon

Hold both palms together in a 'praying' posture at the left side of the chest, just below the shoulder, with the right foot resting behind the left, toe touching the ground. Step with the right foot to the right whilst circling the arms outwards, above the head and bringing them to rest at the right side of the chest with the left foot behind the right, toe down.



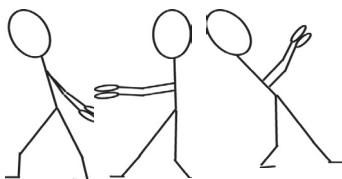
9. Yellow Dragon Pushes Out with Claws

Stand with feet shoulder-distance apart and hands by your sides. Pull the hands upwards whilst grasping soft fists. When they reach shoulder height open the hands and push outwards. Continue circling in this way whilst raising the knees up with the upward hands and down as you push out.



10. Pulling the Bow to Shoot the Eagle

Stand with the feet shoulder-distance apart and pull the arms up the front of the body to the forehead. Turn the palms and shift the weight to one side whilst extending one arm out to the side and turning the other hand so the hegu is opposite the sky-eye. Like shooting a bow.

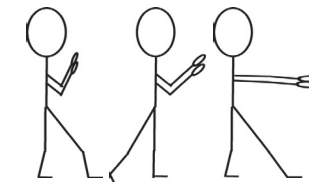


11. Dragons Emerging From the Sea

Stand with one foot forward and the arms at the side, thumb and middle finger lightly touching, facing outwards. Bring the hands upwards, above the head whilst leaning backwards. Turn the hands as you bring the weight forwards to the front leg whilst leaning forwards until the hands come up behind the body. Go only as deep as you feel comfortable.

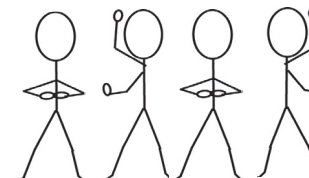
12. Crossing the Wild Blue Ocean

Turn to the side, extend one leg forward with the heel touching the ground and the hands at either side of the chest, facing outwards. Shift the weight forward whilst pushing outwards. Shift the weight back whilst leaving the arms out as if resting on the surface of the sea. Turn the waist allowing bringing the arms to with the body, shift the weight backwards and repeat.



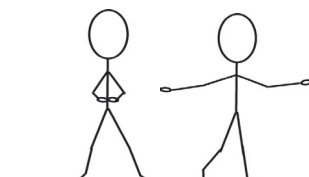
13. Lion Playing with a Ball

Stand with the feet shoulder-distance apart and imagine carrying a ball up to the chest. Step to the side and think about pushing the ball out with one hand whilst bring the other around in a half-circle above the head, palm out. Repeat both sides.



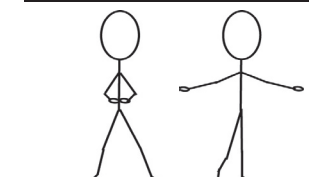
14. Embracing the Moon at the Dantien

Stand shoulder-distance apart with the palms facing the lower Dantien. Turn the waist and allow the arms to slowly raise outwards to shoulder-height with the body turning 90°. Repeat both sides.



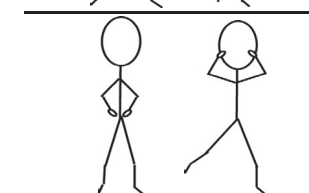
15. Phoenix Spreads its Wings

Step forward with one foot and allow the arms to float up to shoulder-height. Step back, both feet together whilst the arms come down to the sides of the body. Repeat both sides.



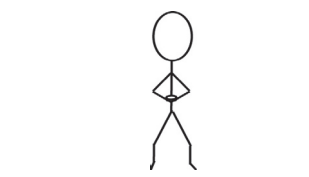
16. Striking the Opponent's Ears

Stand with feet together and step forward to the side whilst bring the arms upwards in a circle to punch an opponent with both fists at the ears. Repeat both sides.



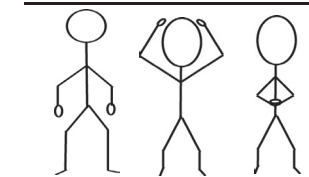
17. Bringing the Qi to the Dantien

Hold the palms against the Dantien, one on top of the other, left against the body for males and right for females. Make a soft circle around the abdomen, gently massaging as you go. Do eight rotations either direction.



18. Sau Gong (Collecting the Qi)

Bring the hands up either side of the body, palms up and allow them to circle over the head. Bring the hands down the front of the body, palms inward, passing the upper, middle & lower Dantien. Imagine the Qi pouring through the head & body down to the Dantien.



@chiron tai chi