

Ba Duan Jin: Shaolin Qigong

The "Ba Duan Jin: Shaolin Qigong" program will be taught by introducing each movement in detail, in subsequent class we will review previous sections, including the warm-ups and standing meditation.

Week 1: "Carrying Heaven with Both Hands" - *to strengthen the digestive system* - Stand straight with legs shoulder width apart; raise arms chest high (breathing in), lower arms (breathing out). Raising arms over the head (breathing in), lower arms (breathing out) bring hands down to your side by drawing a circle (breathing out).

Week 2: "The Archer's Bow" - *to strengthen the circulation system, arms and chest muscles; cures sleeplessness* - Horse stance, lifting hands chest high, straightening left arm by pointing index and middle finger to the left; the right hand is clenched into a fist and kept bent to the chest (breathing in), bring the left arm back to the middle joining the right fist (breathing out), lower your hands (palms down), lift hands (palms up), chest high and repeat same movements to the opposite side.

Week 3: "Supporting the Sky and Pushing the Earth" - *against stress and strengthening stomach and spleen* - Standing straight with slightly parted legs; cradle right hand into left hand - both palms turned up - and raise to your middle; left hand turns down pressing to the ground and right hand turns upward pushing up the sky (breathing in); right hand comes down to the side of body describing a circle (breathing out); cradling the left hand into the right hand - both palms turned up - repeat the same movement to the opposite side.

Week 4: "Leaving Behind your Troubles and the 7 Sufferings" - *strengthening organs and against psychological strains* - Standing straight, legs slightly apart, put your hands to the back of your legs, palms pointing outward; standing straight and looking forward, turn your head slowly to the left (breathing in), back looking forward again (breathing out) and to the right (breathing in); turn head back to look forward and to the other side again, making sure to carry out the exercise slowly and keep breathing in and out.

Week 5: "Nodding your Head and Waving with your Back to Fight the Fire in your Heart" - *against tension in the chest area, spine and legs; calming effect* - Horse stance changing to left front stance, whilst breathing in bend down to the left side through to the right, change into right front stance, raise upper body; (breathing out) bending to the right side through to the middle and raise upper body remaining in horse stance; bending to the right through to the left (breathing in), raise upper body, bending to the left side through to the middle and raise upper body (breathing out), remaining in horse stance.

Week 6: "Dropping Down your Back 7 Times" - *chasing away 100 illnesses* - Standing straight with slightly parted legs and arms down the side of body, lift both arms waist high, palms turned up in front of body, turn palms facing down, arms to the side of body pressing down, at the same time raise body by standing on toes and tense muscles (breathing in); stay in position for 1 - 2 seconds, then drop down on your feet and relax completely, arms down the side of body with sloped shoulders (breathing out); repeat exercise 7 times.

Week 7: **"Touching your Feet"** - *strengthening hips and kidneys* -

Standing straight with slightly parted legs, lift arms over your head (breathing in), bend forward keeping arms straight (breathing out) touching your feet, dangle your arms to the middle and relax. Slowly lift your body up (breathing in) and stand straight again.

Week 8: **"Clenching Fists and Blazing Eyes"** - *increasing Chi* -

Standing straight, clench fists and raise bended arms to middle of chest; extend left arm to the left side (breathing in), keep right arm near chest; bring left fist back to join right fist (breathing out); raise both arms with fists clenched over the head and opening hands (breathing in); bring arms to the side of body describing a circle with both arms (breathing out); repeat the movements to the opposite side.