

Dayan Qigong 64 movements for ACTCM

In each class, we will review the previous movements, practice the basic warm up exercise and all the qigong movements, teach new movements, and practice sitting meditation and acupuncture.

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Week #	
1	1. Starting form
	2. Stretch wings
	3. Close wings
	4. Push & set wings
	5. Shake upper arms
2	6. Push & set wings
	7. Shake upper arms
	8. Lift
	9. Close hands
	10. Turn hands over
	11. Bend
3	12. Turn hands
	13. Restore qi
	14. Push left foot (3 times)
4	15. Push qi
	16. Scoop up the qi
	17. Turn around and restore qi
	18. Push right foot (3 times)
5	19. Push qi
	20. Scoop up the qi
	21. Turn hands
	22. Wave hands like cloud
6	23. Rinse waist
	24. Drop arm to recover qi
	25. Stretch single wing
7	26. Setup and raise arm
	27. Wrap head to ear
	28. Push down
	29. Hold up
	30. Restore Qi
8	31. Drag moon from the water
	32. Turn around

	33.Step up and look at the palm
	34.Look at the Moon
9	35.Push qi
	36.Turn and Push qi
	37.Swim
	38.Look At the Water
	Review course
10	39.Fly Over Water
	40.Drink Water (3 times)
	41.Look at Sky
	42.Restore Qi
11	43.Grasp Qi
	44.Grasp Qi (palm up)
	45.Hold the Ball
12	46.Massage the Ball
	47.Turn and Massage the Ball
13	48.Hold the Qi
	49.Penetrates Qi
	50.Raise Arms
	51.Turn Wings
14	52.Put the Wings on the Back
	53.Fly Up (7 times)
	54.Turn Around
15	55.Fly Up
	56.Fly Over Water (7 times)
	57.Turn Around
16	58.Fly Up
	59.Search for Food (7 times)
	60.Turn Around
17	61.Seeking Nest (7 movements)
	62.Turn
	63.Sleep and restore qi
	64.Closing
18	Final review & check all movements