

# THE FIVE ELEMENT QI GONG

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ELEMENT	ORGAN SYSTEM	FUNCTION
METAL	Lung / Large Intestine	Because the Lung governs the breath it is key in maintaining the rhythmic and harmonious function of the body. Although primarily a breathing exercise, its opening and closing action also improves digestion, while conditioning the chest muscles, intercostals and diaphragm.

## KEY POINTS

- Maintain the foundational elements
- As the arms open, inhale through the nose, as they close exhale through the mouth
- Do not stick out the chest

## METHOD

1. Begin with the hands at the sides.
2. Lift the hands in front of the body to shoulder height, palms facing down with arms straight.
3. Move arms out to the sides of the body. The palms should be facing up when the arms are fully extended.
4. Keeping the arms extended, close them in front of the body.
5. The palms should be face down, once the hands have reached the center of the body at shoulder height.
6. Repeat 10x at a slow to moderate pace.

ELEMENT	ORGAN SYSTEM	FUNCTION
WATER	Kidney / Urinary Bladder	Moves, invigorates and tonifies the organs and meridians of the Kidneys. Through the rotating action of this exercise, the low back/waist, hips, knees and ankles are moved and stimulated. The lumbus is thought of as the residence of the Kidneys.

## KEY POINTS

- Even though a wider stance may be taken when doing this exercise, the foundational elements (knees not bending beyond the tips of the toes, tucking the sacrum, relaxing the shoulders and lifting the midline of the head (the Baihui) toward heaven need to be maintained for the full benefits to be felt.
- Avoid tilting the body side to side.; maintain your center.
- Make sure the eyes follow the hands
- All turning of the body is done from the waist/hips and is generated by pushing from the feet and shifting the weight through the ankles. When done correctly this exercise makes the legs and deep muscles of the hips tired, not the shoulder and the arms.

## METHOD

1. Begin with the hands at the sides.
2. While turning the waist and shifting the weight to the left, place the back of the left hand on the right Kidney.
3. At the same time, scoop and circle upward with the right arm palm up, toward the left side; the navel should be facing approximately 45 degrees to the left.
4. As the hand reaches the level of the head (palm towards face) begin turning the waist and shifting the weight to the right side.
5. At the same time begin unwinding the right arm and hand in a circular motion to the level of the hip, palm down level with the forearm. The hips should be turned to the right, with the navel orientated 45 degrees to the right.
6. Alternate right and left 10x each.

ELEMENT	ORGAN SYSTEM	FUNCTION
WOOD	Liver / Gallbladder	The main idea of this exercise is to move the torso, and especially the ribs, in such a way as to massage and deconstrain the Liver. The action also facilitates the pushing of Blood and Qi through the Liver itself, helping to restore smooth flow throughout the system.

## KEY POINTS

- Maintain the foundational elements
- Rotate the spine from the lower section of the middle jiao, not the waist.
- Keep the elbows dropped so they brush the sides of the ribs.
- The ribs should alternately rise and fall as the arms extend and contract.

## METHOD

1. Begin with the feet shoulder width apart.
2. Extend the right arm shoulder high with the palm facing down approximately one hand width off the midline of the body.
3. The left hand is chambered palm up at the left hip with the elbow pointing straight back roughly belt level.
4. Retract the right hand while at the same time bringing forward the left hand.
5. By the time the hands pass one another on the midline, the left palm should be facing down and the right palm up, facing one another.
6. The body should slightly sink its center of gravity as the hands pass one another and slightly rise again, as the right hand is now chambered at the hip and the left is extended.
7. Repeat 10x.

ELEMENT	ORGAN SYSTEM	FUNCTION
FIRE	Heart / Small Intestine	Regulating the Heart regulates the Mind (Shen). This is an exercise that helps promote and enhance proper functioning of the circulatory system. Through the turning and twisting motion of its movements, the Heart and Pericardium are wrung out, stimulating and relaxing the tissues of the upper middle / upper jiaos(s).

### KEY POINTS

- Remember the foundational elements.
- The hips and waist turn in the same way as the Water exercise.
- Be careful not to lean side to side when shifting weight.

### METHOD

1. Begin with hands in the lower basin position, palms up.
2. Shift the weight, turning the waist to the right, bringing the right arm up, turning the palm outward from the right corner of the head.
3. Think of opening the Small Intestine meridian.
4. At the same time the left hand crosses the body at heart level and presses to the right a few inches beyond the plane of the right palm.
5. The feeling is of the left side of the upper jio folding into the right.
6. The navel should be turned approximately 45 degrees to the right.
7. Return back to lower basin position and continue alternately right to left.
8. Repeat 10x.

ELEMENT	ORGAN SYSTEM	FUNCTION
EARTH	Spleen / Stomach	This exercise massages and invigorates the middle jiao, helping to regulate and improve absorption and digestion in the Stomach as well as the Spleens' transformation and transportation of essence and fluids in the body.

### KEY POINTS

- Maintain the foundational elements.
- The elbows should brush the sides of the body as the arms extend and contract.
- The hips should remain relatively stationary. The movement comes from the spinal section of the middle jiao.
- Be careful not to tense the muscles of the neck and shoulder(s); keep everything relaxed.

### METHOD

1. Starting from the lower basin position, circle the arms above the head, palms facing upward.
2. The tips of the index fingers and thumbs should touch, forming a triangle.
3. While looking through the triangle, turn the upper torso from one side to the other.
4. Inhale in the central (neutral) position and exhale when turning to the side(s).
5. Repeat 10x.