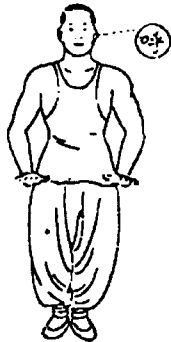


# "21"

## CHI KUNG

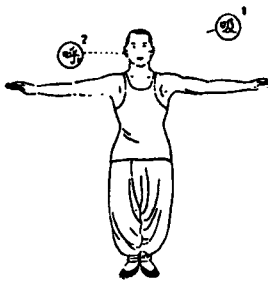
Preparation:

Feet parallel, shoulder width apart; knees slightly bent; arms at the sides; chest hollowed; hips tucked under; spine plumb erect and head as if suspended from above. Let the body relax and feel the floor push upward. Place the tongue on the roof of the mouth.



Inhale The hands rise along the sides to hip level as the elbows bend and extend outward from the body.

Exhale The hands descend parallel to the floor as if pushing downward.



Inhale With the fingers leading, the hands rise diagonally upward toward the front corners to shoulder height.

Exhale No Movement

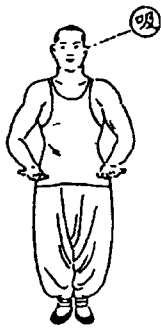


Inhale The hands move horizontally toward one another crossing at the wrists, right hand on top.

Exhale The crossed wrists sink to the tan t'ien.



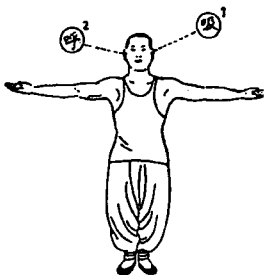
Inhale 1 Keeping the wrists attached, point the fingers toward the body and continue circling, wrists together, until the palms face up and fingers point forward.



Inhale 2 The hands separate and slide back alongside the hips, palms up. (*breath to kidneys*)

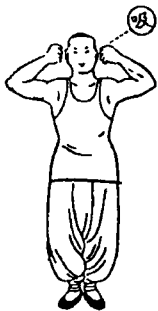


Exhale Bending the knees, extend the hands forward, palms up.

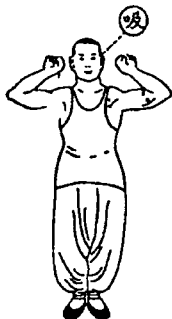


Inhale As the knees straighten, move the arms, palms up, diagonally outward to the sides, shoulder height.

Exhale No Movement



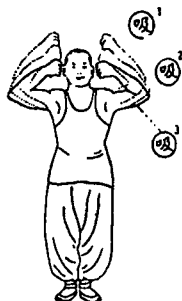
Inhale 1 While slowly forming fists, bring them to the ears, palms facing back; knees bend halfway



Inhale 2 Rotate the palms to face forward; knees bend all the way.

Exhale As knees straighten, open the fists and push outward to the sides, palms down, shoulder height.

No breath Using shoulder joint, rotate palms upward.

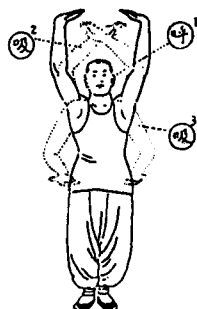


Inhale 1 Slowly forming fists, bring them to the ears, palms facing back. (*breath to abdomen*)

Inhale 2 Move the fists upward to temple height, rising slightly. (*breath to kidneys*)

Move the fists to crown level and rise again slightly. (*breath rises through spine to crown*)

Inhale 3

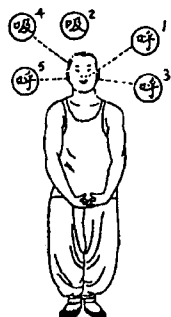


Exhale Rise onto the toes while the hands, palms out, rise diagonally upward to form an open triangle with the thumbs and index fingers.

Inhale 1 Settle into a normal stance as the hands, wrists crossed right over left, descend to the tan t'ien. (*breath to abdomen*)

Continuing the movement, the elbows extend outward to the sides, pulling the hands (palms up) out as far as the hip. (*breath to kidneys*)

Inhale 2



Exhale Bring the hands together in front of the tan t'ien, sliding the right hand under the left, thumb tips touching.

Inhale Turn the body to the left; first waist, then shoulders, then head, and finally the eyes.

Turn the body back to the forward position, uncoiling in reverse order.

Exhale

Turn to the right, repeating sequence of the left turn.

Inhale

Uncoil in reverse sequence to the forward position.

Exhale

Raise palms to chest height. (*This move is optional*).

Inhale



Exhale Turn palms face down, fingers toward each other, and press down to ankle height.

No Breath Squat down, crossing the wrists at chest height, palms facing in, left palm inside right.



Inhale While rising to a normal stance, move the left hand, palm up, to a position above the left ear, and the right hand, palm down, to a position beside the right hip.

Exhale Left hand presses upward as right hand presses downward. Stretch Stance.



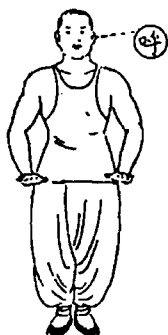
Inhale Same as inhale on figure 14 except alternate hand positions.

Exhale Same as exhale on figure 14 except alternate hand positions.



Inhale Settle into normal stance, withdrawing the hands until they cross at chest height with palms facing in and right hand outside.

Exhale Turn the palms outward and sink the crossed wrists to the tan t'ien.



Inhale 1 Circle the crossed wrists as in figure 4. Separate palms out toward hips as circle finishes.

Inhale 2 Draw the hands, palm up, upward along the rib-cage to chest height filling lungs.

Exhale Turn palms down, sink hands to hip height.

Inhale Again draw hands, palms up, to chest height (do not fill lungs completely, only breath to the abdomen).

Exhale Lower hands, palms down.

Conclusion:

Form a circle with the left thumb and middle finger. Insert right thumb in to the circle and rotate the hands so that the back of the left hand rests in the right palm, thus forming the T'ai Chi symbol.