



Fundamental Exercises

Shaolin Set

Breathing: Natural, Counts and Hold

1. Swimmer Stretch
2. Arm Circles (Forward, backward)
3. Wheel Arms (upward, downward)
4. Side to Side Bounce Groin Stretch
5. Open the Hatch Stretches (2x each side)
6. Low stretch reaching (2x each side)
7. Plum Flowers (10 count)
8. Kicking (Angry Bear)
 - Stretch kicks (50/ side, arms out to side)
 - Front Kicks (10/side)
 - Back Kicks (10/side)
 - Side Kicks (10/side)
 - Inward Fan Kicks (10/side)
 - Outward Fan Kicks (10/side)
 - Inward Round Kicks (10/side)
 - Outward Round Kicks (10/side)
9. Side Splits
10. Forward Stretch, center and sides
11. Front Splits

Chin Na Set

Breathing: Natural, Counts and Hold

1. Muscle/ Tendon Changing Classic
 - Spread Fingers apart, reach to floor
 - Push Palms down, pull wrists back
 - Fist with Thumb out
 - Fist
 - Hold up the boulders
 - Funky arched arms
2. Horse Position
3. Open and close 50x front and sides.
4. Butterfly Palms
5. Teacups
6. Wrist Stretches
 - Pull in, palm up
 - Push out, turn palm outward
 - Wrist back
 - Wrist Forward
7. Shake out hands
8. Arm Exercises
 - Arm Circles
 - Wheel Arms
 - Small Fist Circles
 - Throw Outs, Arms Bent, Arms Straight
 - Tan Ju Stretch
 - Tan Ju Circles

Hsing- I Set

Breathing: Natural and Reverse in Wuji

1. Forearm Conditioning
2. 8 Brocades Chi Gung
 - 1-4 (Weeks 1,3)
 - 5-8 (Weeks 2,4)
3. Core Strength
 - Abs/ Pelvic Tilt Development
 - Gluteus Development/ Bridge
 - Waist Development
 - Back Extensors Development
4. Core Use
 - Torso Flex
 - Torso Flex + Waist
5. Elements
 - Wood: Wuji
 - Wood: Sideways
 - Wood: Twist & Favorable Steps

Bagua Set

Breathing: Natural and Reverse in Wuji

1. Forearm Conditioning
2. Core Strength
 - Abs/ Pelvic Tilt Development
 - Gluteus Development/ Bridge
 - Waist Development
 - Back Extensors Development
3. Core Use
 - Torso Flex
 - Torso Flex + Waist
4. Palm Changes:
 - Single Palm (Wuji, then Fixed Step)
 - Double Palm (Wuji, then Fixed Step)
5. Guard Position
 - Opening and Right Guard (Up/ Down Hold and Finish)
 - Opening and L Guard (Up/ Down Hold and step down)_
6. Stepping Practice
 - Chicken & Single Palm Change
 - Crane & Single Palm Change
 - Kicking & Double Palm Change
 - Tread Mud & Double Palm Change
 - Natural Step & Single Palm Change
 - Finish from L Guard
7. 8 Inner Palms Chi Gung
 - 1-4 (Weeks 1,3)
 - 5-8 (Weeks 2,4)



Fundamental Exercises

Hung Gar Set

Breathing: Natural, Counts and Hold

1. Ankle/ Calf Stretch on Floor
2. Cockroach Stretch
3. Horse Shifting
4. Side Splits
5. Fingertip Pushups: Fwd/ Bkwd
6. Horse Position
7. Ten Divided Golden Tigers
8. Black Falcon Cools it's Wings
9. Horse Punching
10. Shift and Punch
11. Horse Walking: Forward, Backward
12. Walking Punching
13. Footwork:
 - 180° step
 - 90° step
 - Forward step
 - Backward Step
 - Switch Step

Meditation Set

1. Arm/ Shoulder/ Neck
 - Swimmer Stretch
 - Arm Circles
 - Wheel Arms
 - Shoulder Lifts
 - Shoulder Circles
 - Neck Circles
2. Waist
 - Kidney Rub
 - Side to Side
 - Waist Circles
3. Hips
 - Hip Isolation
 - 'Standing Elvis'
 - 'Bow Elvis'
 - Illiopsoas
 - Side Stretch
 - Hamstring
4. Knees
 - Rub
 - Circle
 - Kick
5. Self Massage
 - Laogong rub (rub palms)
 - Face Wash
 - Face Circles
 - Rub Ears
 - Yongquan rub (K1- bottom of foot)

Taiji Set

Breathing: Natural and Reverse in Wuji

1. Forearm Conditioning
2. Core Strength
 - Abs/ Pelvic Tilt Development
 - Gluteus Development/ Bridge
 - Waist Development
 - Back Extensors Development
3. Shoulders
 - Swimmer Stretch
 - Arm Circles
 - Wheel Arms
4. Waist
 - Side to Side
 - Waist Circles
5. Hips
 - Hip Isolation
 - 'Standing Elvis'
 - 'Bow Elvis'
 - Illiopsoas Stretch
 - Side Stretch
 - Hamstring Stretch
6. Knees
 - Rub
 - Circle
 - Kick
7. Wuji Postures
 - Cloud Hands
 - Offensive Wardoff
 - Defensive Wardoff
8. Bow Postures
 - Shift, turn waist and block
 - Turn waist and block, no shift.
9. Footwork
 - 180°
 - 90°
 - Forward
 - Backward
 - Switch Step
10. '21' Chi Gung