



Peaceful Dragon School

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Hello,

You are all set now. Here is a summary of what you will find on the Student dropdown pages.

Welcome to the Peaceful Dragon School. Your status has been updated to provide you access to the "Students" pages on the Peaceful Dragon School website. This means you now have access to the very useful student study material. On the page under "STUDENTS" you will find video and pdf links. Below is an outline of the useful documents:

### **GENERAL INFORMATION – For all students**

[Introduction the Peaceful Dragon School \(video\)](#)

[Master Young's Lineage \(video\)](#)

[Peaceful Dragon School Program Guidelines \(pdf\)](#)

[Student Waiver \(pdf\)](#)

[Recommended Reading \(pdf\)](#)

[14 Chi Kung Warm-Up Exercises \(video\)](#)

[14 Chi Kung Warm-Up Exercises – Video companion booklet \(pdf\)](#)

[Relaxation Meditation \(video – guided meditation\)](#)

[Self-Care for Your Knees \(video\)](#)

[Threading the Nine Holes in the Pearl \(pdf\)](#)

[The Amazing Balancing Act \(pdf\)](#)

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### **Tai Chi Students**

Basic principles

Front view of the first/third

Name of movements

Stretches for the knees

Foot Patterns for the First/Third

### **Chi Kung Students**

Standing Meditation

Wild Goose Movements

Wild Goose Movements, Imagery, Points, and Hand Gestures

Wild Goose Energy Centers

Wild Goose Direct contact points

Basic Acu-point Guide

Immune Support Points

Emei Chi Kung Exercise

Five Phases



Happy exploring and enjoy the journey!

Warm regards,

*Master Wasantha Young*