

Qi Gong Class Movement Lists

By Tai Chi Health for Life – Your Tai Chi and Meditation Guide

www.taichihealthforlife.com.au

Qi Gong 18 Movement Health Form

This set of movements has been developed from the 18 movement Qi Gong Health Form, as an aid to learning the names have been changed into a story to make the movements easier to remember.

1. Mist Rising in the Morning
2. Opening to The Sun
3. Put the Sun into the Sky
4. Part the Clouds, See the Sun
5. Riding the Bike to the Lake
6. Rowing the Boat on the Lake
7. Lifting the Sun back into the Sky
8. Lifting the Moon into the Sky
9. Walking by the Lake in the Moonlight
10. Mist Rolling over the Water
11. Children Slashing Water
12. Children Pushing Playfully
13. Startled Birds Fly into the Sky
14. Birds Fly Away into the Distance
15. The Sun Circles the Earth
16. Children Bouncing Balls
17. Mist Sinking in the Horizon
18. Sun Setting over the Horizon

Qi Gong 12 Movement Energy Form

The first 5 movements of the set have been developed to build up Qi, the next 4 movements are to circulate the Qi, the last 4 are designed to push the Qi through the meridians.

1. Beginning Qi Gong
2. Diaphragm Breathing
3. Flying Swallow
4. Pushing the Sky
5. Sinking / Floating
6. Grinding Stone
7. Expanding / Contracting
8. Hands Like Clouds
9. White Crane Cools its Wings
10. Cleaning Meridians Arms
11. Cleaning Meridians Body
12. Cleaning Meridians Head
13. Cleaning Meridians Torso
14. Washing the Face

Qi Gong 8 Movement Mobility Form

This set of movements has been developed to increase mobility throughout the body through deep relaxation and expanding and contracting during each movement.

1. Beginning Qi Gong
2. Opening the Chest
3. Pressing to the Side
4. Circling the Ball
5. Pushing & Praying to the Sky
6. Bend Right, Bend Left
7. Bend to Centre, Circle the Ground
8. Sinking / Floating

Qi Gong 8 Direction Forms

This set of movements has been developed to increase strength, coordination, balance, flexibility. No.2 also opens and closes the upper, middle and lower dun tien

1. Monkey Running
2. 9 Turn, 3 Dun Tien, Open Close

Qi Gong Step Back Methods

This set of movements has been developed to Qi flow through specific meridians for increased health. It also increases awareness, strengthens supporting muscles and develops into deep meditation. Stepping backwards helps repair injuries by relaxing the muscles that are usually engaged and strengthen others that are rarely engaged during movement.

1. Strong Health Method
2. Strong Kidney Method
3. Strong Spleen Method
4. Strong Lung Method
5. Strong Liver Method
6. Strong Heart Method

Qi Gong Stationary Methods

These individual movements have been designed to build up, circulate and feel Qi throughout the body.

1. Standing Method Hands High
2. Open Close Method
3. Energy Ball Method
4. Circling Palms Method
5. Standing Method Hands Low
6. Sinking Floating Method

Qi Gong Seated Meditation Methods

This set of movements has been developed to increase mobility throughout the body through deep relaxation and expanding and contracting during each movement.

1. Deep Relaxation
2. Expanding & Contracting
3. Lesser Heavenly Cycle
4. Greater Heavenly Cycle
5. Standing Open / Close 3 Dun Tien
6. Open Widow Method