

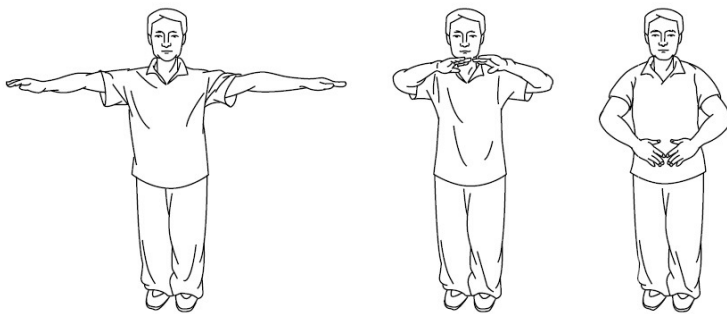
Guide to Eastern Exercises

Welcome to an exercise menu based on the eastern martial arts, highlighting the principles of Taichi, Qigong, Yijingjin and Liuzijue. To simplify the learning, we have purposefully selected a set of activities. These activities reflect the full spectrum of “stretching, strength, aerobics, postural and balancing”. More importantly, all activities introduced reinforce our “Body, Mind and Spirit” philosophy and are safe to practice with minimum space/equip requirements.

GENERAL INSTRUCTIONS:

- Body aligned and vertical, top of the head floating and look far
- Keep your face relaxed, neck softened, back straight, shoulders/elbows/wrists downward.
- Move through the waist as the main engine while keep Qi as the fuel in the belly
- Enjoy “slow” and the richness and fullness of each movement
- Breathing slow and low and try to match with the movement rhythms
- Imagine yourself in a multidimensional space, connecting and protecting (Yin & Yang)

Warm-up: DAOYINGSHU (The origin of Qigong)

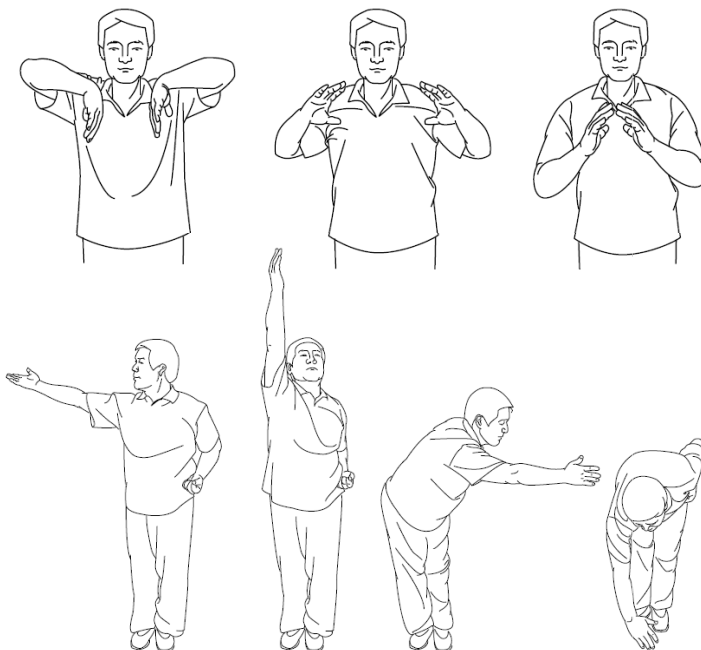


Name: Three Palm Flipping

Lift your arms with palms facing the ground; when up to the shoulders, flip the palms; after reaching the top, slowly bring the arms down and palms close to the chest, belly and return back.

Basic Principles: Relax the body; stand grounded/tall and straight, look far; breathe consciously; calm the chest while activate the full back

Stretch: YIJINGJIN (The inner form of Shaolin martial arts)



Name: Flying Bird

Keep fingers relaxed/down; rotate the shoulders backward fully to open up; Palms face each other in round shape; imagine holding a small ball

Principles: Bring consciousness to the fingers; imagine the palms grow thicker and warmer; keep the shoulders down and backward; expand the chest; Breathe fully with a long exhalation; matching breathing with movements (in/out with open/close)

Name: Full-body circle

Stand tall and straight; turn to one side; lift one arm with palm up; eyes guide the arm to the top, face up, slowly lower the back and arm accordingly; head down/hand touch the ground; lengthen the neck; expand the back; hamstring activated strongly

Principles: Keep the back straight; make the circle full, slow and like “a clock on the wall”

Lower Body Strength: BASIC TAICHI STEP TRAINING

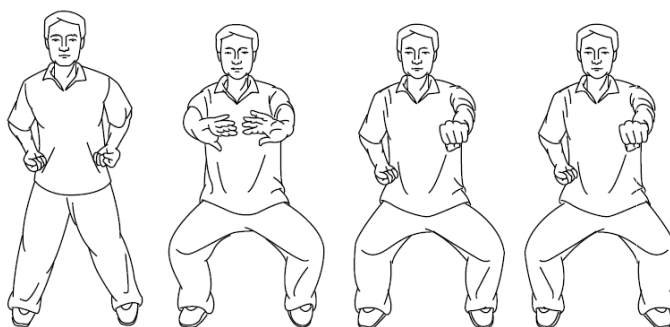


Name: One-hundred Steps

Put your hands at the low back;
Bent the knees;
step one foot out with the heel on the ground;
slowly shift half of the total weight from the left leg to the right leg;
increase the shifted weight from half to full on the right leg (there is zero weight on the left leg now);
pull the left leg back

Principles: Keep your head even, back straight, hip in alignment with the heel;
even and steady shift of weight between legs;
Keep the upper body light while put consciousness on the lower body;
make the shift very slow and felt like "water flow" with clarity and calm continuity

Full Body Strength: HORSE STANCE AND BOXING



Stand with wide feet open; bent your knees to lower the stance; keep the back, hip and heel aligned;
Push your hands away from the body (palms facing out) to its extreme; Feel the "tension" between the hands and your back, Keep the shoulder low and horse stance steady
Throw your left fist; feel the energy flowing from the heel, leg, back and shoulders; keep your right fist at the waist level (face up)

Throw your right fist; feel the energy flowing from the heel, leg, back and shoulders; keep your left fist at the waist level (face up)

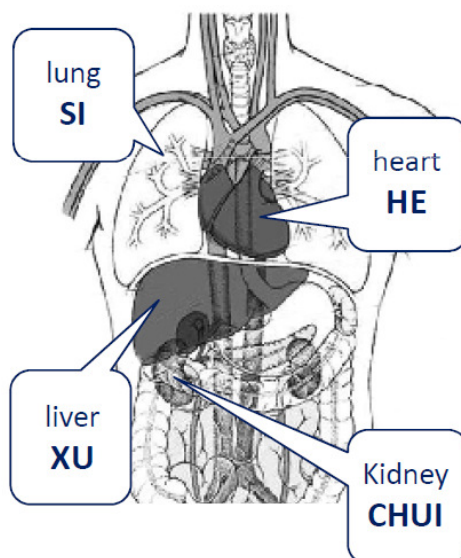
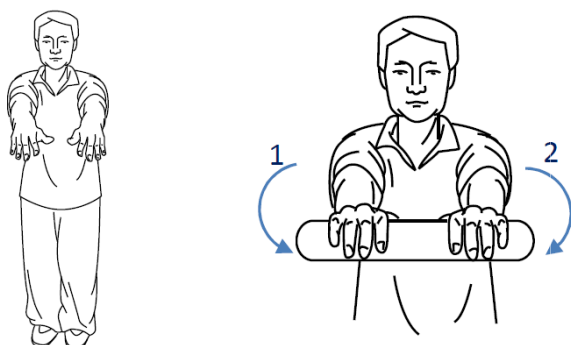
BALANCING WITH STRENGTH

(more advanced level is with eyes closed)



HAND/WRIST STRENGTH

(effective cure for mouse hand)



When breathe out, pronounce the four sounds to massage the relevant organs.
When combined with DAOYINSHU, this is an introduction to standing mindfulness.
When practiced when sitting, this is an introduction to meditation.