

Primordial Qi Gong

Hun Yuan Qi Gong Nei Gong

1. Wuji Standing
2. Closing – 3 times after each exercise “internal sink”
3. Preparation - 3 clockwise circles /3 counterclockwise circles

HY 1. Drop Qi, Wash Organs

9x - Inhale-- top of head ,*DU 22-Xinhui-Fontanelle Meeting* -pause— eyes wide/expand exhale –bladder—eyes inside, combine –“fog & dew” descend through body

Hands pause to store at navel ,continue down legs

3 closings—#3 store at navel, hands rest over navel, right hand for males, left hand for females.

Swallow saliva-Sweet dew at 3rd move.

Wuji Standing

HY 2. Gather Qi to 3 Dan Tians

9x- Upper Dan Tian-inhale- exhale as you drop hands down front, store at navel

9x - Middle Dan Tian -to navel

9x Lower Dan Tian – pull up from earth to lower Dan Tian - Perineum – hands to Du4-B23 & back to navel

3 closings

Wuji Standing

HY 3. Two Palms Roll Ball

9x - Rotate sphere at chest level forward 9x & back 9x

3 closings

Wuji Standing

HY 4. Open –Close 3 Dan Tians

9 x- each - *Open* , Qi to skin

Close, Qi to bone , sphere inside

“Ball” outside -back straight

Yintang -Upper

Ren 8 - Middle

Ren1 - Lower

3 closings

Wuji Standing

HY 5. Sun – Moon Revolving

3x – Hands on chest –absorb stagnant Qi- shake off –

rub palms -2x-then

9x – open chest –arms/palms circle out

9x close chest – arms/palms circle in

3x – middle fingers rub down Ren 17-Ren 6

HY 6. Circular Extension and Withdrawal

Bow stance – Small Orbit -Xiao –hands up and out to eyebrow-
palms down to rear hip

Each leg- 9x – forward –up Du, down Ren

Each leg- 9x reverse- hands other way -Qi reverse orbit

Big Orbit- Da – up spine – down inside arms and up outside join
at Yin tang

Down -Ren – split at abdomen -down outside leg-
up inside leg , join at perineum

(Taiji practice – peng –ju-lu-an-kao-hua)

3 closings

Wuji Standing

HY7. Single Leg Raising and Falling

9x Hands from navel to outer hip-down outside up inside

Cross to other leg –same figure“8” side to side weight to other side

3 closings

Wuji Standing

HY8. Double Leg Raising and Falling

2 legs at same time

2 legs – hands over each leg

9x – down outside –up inside to navel

3 closings

Wuji Standing

HY9. Dan Tian Turning Millstone

Small circle- Xiao- hands at navel –turn one way-9x then other way-
small circle both ways inner sphere same direction

Large Circle-Da – Hands one way –sphere opposite sphere inside
large circle/ Bigger waist circle

3 closings

Wuji Standing

HY10. Heaven and Earth Opening & Closings

Heaven Opens ,Earth Closes

9x each –open-lift palms up- “5 hearts” K1 – P9, DU20, in to out

Closing-palms down

Heaven Closes – Earth Opens (reverse) (out to in)

Palms down

3 closings

Wuji Standing

HY11. Return Qi to Dan Tian

9x –Reach out, gather Qi to 3 Dan Tians -pull Qi to Dan Tian,

then other side

3 closings

Wuji Standing

HY12. Self Massage

1. Face-palms up- rear of head, down face 9x
2. Ears-close flap & eyes-open rapidly 3x
3. Nose rub Ying Xiang -LI20 use thumbs to rub nose
4. Hit shoulders Jian Jing - GB 21 on back near shoulder junction of trapezius & deltoid , ``slap-pound``
5. Hit HeGu- LI4
6. Hit Nei guan P.6 , 2 inches from line of wrist
7. Hit Shou San -approx 2 inches from elbow
8. Press/grasp-Ji Quan- HT 1- center of armpit
9. Hit rear waist – B 23 .bottom of rib cage on erector spinae
- 10.Hit Huan Tiao – GB 30 near hip joint below femur on gluteus
- 11.Hit Feng Shi – GB 31 7” above knee cap,-just below middle finger when arm extended along thigh
- 12.Hit Zu San Li- St36-four finger widths below knee
13. Hit Wei3 Zhong1 – B40 back of knee
- 14 Hit Dan Tian then Sou Gong

Closing

Disperse Stagnation

- 1.Rise – drop – shake knees – shake body
- 2.Golden Chicken fists (fists in front) Golden chicken shakes the forest

3 Closings

3. Turn Qi – Belly rubs circling navel men right hand on body left covers women left hand on body right covers

Men -36x down right up left gradually larger then 24x reverse gradually smaller

Women- down left up right

4. Inhale bring qi from navel to *DU 4-Ming Men*, pulling abdomen in. Hold briefly .Exhale bring qi from ming men to navel release abdomen

watch Grandmaster Feng Zhi Qiang on youtube

<http://youtu.be/gZaGNoq0xws>