



## Movement 1 - Pushing both hands upward to regulate metabolism 兩手托天理三焦

### Benefits

1. Regulating body metabolism (Sanjiao Meridian)
2. Regulating blood circulation (Pericardium Meridian)
3. Improving lung function (chest)
4. Improving digestive function (abdomen)
5. Loosening the soft tissues around the spine, neck, shoulders, elbows and wrists
6. Reducing symptoms of chronic diseases

### Beginning steps

1. Breathe naturally, stand up with straight back, hands by the side, feet together and relax the whole body.
2. Put the body weight on left foot and move the right foot to a shoulder-width apart, slightly bend the knees, close the mouth with teeth apart, move the tongue to touch the upper palate, put a smile on the face, focus the mind on the lower Dantian (下丹田).

### Movement 1 steps (repeat 6 times)

1. Breathe in, place hands in front of the lower Dantian, with palms facing up.
2. Continue to breathe in, gradually move the hands upwards and stretch the legs.
3. Turn the palms facing outwards when the hands reach the chest level, continue move the hands upward and turn the palms facing the sky.
4. Continue to breathe in, push the palms up to the sky and look at the fingers.
5. Hold the breath for a few seconds in this posture (as shown in the picture).
6. Breathe out, slightly bend the knee, turn the palms facing downward.
7. Move the hands down along the front of the to the lower Dantian level.

### Finishing steps

1. Breathe in, with hands touching the lower Dantian.
2. Breathe out, turn palms down, straighten the legs, move hands by the side, move the right foot to touch the left foot.



## Movement 2 - Expanding the chest to strengthen the lungs 左右開弓似射雕

### Benefits

1. Expanding the chest and improving lung functions
2. Strengthening the limbs and core muscles
3. Stretching the shoulder joints, wrists and finger joints
4. Improving health issues related to poor posture



Sword Finger form

### Beginning steps

1. Breathe naturally, stand up with straight back, hands by the side, feet together and relax the whole body.
2. Put the body weight on left foot and move the right foot; open to shoulder width.
3. Put the body weight on the heels and turn the feet 45 degrees outward, then put the body weight on the toes and turn the feet to make them parallel to each other with the feet about 2 shoulder-width apart.
4. Slightly bend the knees, close the mouth with teeth apart, move the tongue to touch the upper palate, place the fists on the sides of the waist.

\*Note: This posture is called Horse Stance.

### Movement 2 steps (repeat 3 times)

1. Breathe in, move both fists to the front of the chest, with left hand closer to the body and the forearms crossing each other.
2. Continue to breathe in, change the left fist to Sword Finger form.
3. Breathe out, extend the left arm to the left and move the right elbow to the right simultaneously
4. Turn the head towards the left and look at the Sword Finger.
5. Hold the breath for a few seconds in this posture (as shown in the picture).
6. Breathe in, gradually change left hand form from Sword Finger to fist.
7. Continue to breathe in, place both fists in front of the chest with right hand closer to the body and the forearms crossing each other.
8. Repeat step 1 to 7 with actions of left and right hands interchanged.

### Finishing steps

1. Breathe naturally, raise the body.
2. Move the right foot to touch the left foot.
3. Put the hands by the side of the body.



### Movement 3 - Stretching the arms alternatively to improve digestion 調理脾胃需單舉

#### Benefits

1. Improving digestive functions
2. Regulating bowel movement
3. Enhancing flexibility of the spine
4. Promoting joint health of the neck, shoulder, back and pelvic

#### Beginning steps

Same as Movement 1

#### Movement 3 steps (repeat 3 times)

1. Breathe in, place hands in front of the lower Dantian with palms facing up.
2. Continue to breathe in, move left hand to the middle Dantian and turn the left palm facing downwards to hold an imaginary Qi ball with both palms in front of the body.
3. Breathe out, move left hand upward and right hand downwards simultaneously with left palm facing up and right palm facing down.
4. Continue to breathe out, stretch the legs and arms, look at the left fingers.
5. Hold the breath for a few seconds in this posture (as shown in the picture).
6. Breathe in, move left hand down and right hand up to hold the Qi ball as per step 2.
7. Continue to breathe in, still hold the Qi ball with both hands and turn it upside down.
8. Repeat step 3 to 7 with actions of left and right arms/hands interchanged.
9. Omit step 7 for the last round.

#### Finishing steps

Same as Movement 1





## Movement 4 – Turning the spine to alleviate fatigue and impairment 五勞七傷往後瞧



### Benefits

1. Alleviating fatigue and impairment
2. Relaxing the neck, shoulder and back
3. Enhancing the flexibility of the spine
4. Increasing blood supply to the head

### Beginning steps

Same as Movement 1

### Movement 4 steps (repeat 3 times)

1. Straighten the legs.
2. Breathe in, gradually turn your body to the left (with feet planted), look backward.
3. Hold the breath for a few seconds in this posture.
4. Breathe out, gradually turn your body to the front, look forward (same as step 1).
5. Breathe in, gradually turn your body to the right, look backward.
6. Hold the breath for a few seconds in this posture (as shown in the picture).
7. Breathe out, gradually turn your body to the front, look forward.
8. Repeat step 2 to 6.

### Finishing steps

Same as Movement 1

### Tips for Movement 4

- Make sure the top of head is pointing upward for the entire movement.
- Drop the shoulders.
- Hands are always by the side of the body.
- Speed of turning to be constant.



## Movement 5 - Swinging the head and tailbone to reduce internal heat 搖頭擺尾去心火

### Benefits

1. Reducing excessive internal heat
2. Improving connection between upper and lower body
3. Regulating Heart Channel and the King Channel (Governing Meridian)
4. Strengthening the waist and legs
5. Enhancing flexibility of the hips

### Beginning steps

1. Start with Horse Stance (refer to Movement 2).
2. Put the weight on the heel and turn the feet 45 degrees outward.

### Movement 5 steps (repeat 3 times)

1. Lower the body, put hands above the knees and look forward.
2. Breathe in, bend the upper body forward with the spine straight, look at the ground.
3. Continue to breathe in, shift the body weight on the right leg, swing the upper body diagonally toward the left while shifting the body weight to the left leg.
4. Continue to breathe in, stretch the right leg, turn right foot pointing 45 degrees inward, look to the left side.
5. Hold the breath for a few seconds in this posture (as shown in the picture).
6. Breathe out, stretch the upper body backward and then return to the posture as in step 1.
7. Repeat step 2 to 6 with actions of left and right limbs interchanged.

### Finishing steps

Same as Movement 2



### Tips for Movement 5

- Use the waist to lead the movement of the upper body.
- Spine is straight for the entire movement.
- Relax the neck muscle.



## Movement 6 - Holding the knees to strengthen the kidneys and lower back 兩手攀足固腎腰

### Benefits

1. Regulating Kidney and Bladder Meridians
2. Strengthening the back, waist and knees
3. Improving energy and blood flow to the extremities (hands and feet)
4. Reducing back pain and knee pain

### Beginning steps

Same as Movement 1

### Movement 6 steps (repeat 6 times)

1. Bend the upper body with straight back, put the hands on the knees and look to the ground.
2. Breathe in, squat down with elbows pointing sideway and look forward.
3. Hold the breath for a few seconds in this posture (as shown in the picture).
4. Breathe out, raise the body, keep the hands on the knees.
5. Repeat step 2 to 4.

### Finishing steps

Breathe naturally, stand up with hands by the side of the body, move the left foot to touch the right foot.

### Tips for Movement 6

- Keep the whole feet on the ground all the time. Do not lift up the heel.
- Relax the shoulder.





## Movement 7 - Clenching fists and opening eyes widely to build up strength 攢拳怒目增氣力

### Benefits

1. Strengthening the tendon, ligament and muscle
2. Regulating the Liver (tendon, ligament, fingers and toes are associated to Liver in Chinese Medicine 5-element theory)
3. Improving blood circulation

### Beginning steps

Same as Movement 2

### Movement 7 steps (repeat 3 times)

1. Breathe in, clench two fists and put them on sides of the waist with palms facing upwards.
2. Breathe out, punch the left fist forward. See the tips below for the punching action.
3. Breathe in, return to step 1 posture.
4. Breathe out, punch the right fist forward.
5. Breathe in, return to step 1 posture.
6. Breathe out, punch the left fist to the left and turn the head to look at the fist.
7. Breathe in, return to step 1 posture.
8. Breathe out, punch the right fist to the right and turn the head to look at the fist.
9. Breathe in, return to step 1 posture.
10. Breathe out, punch both fists forward.
11. Breathe in, return to step 1 posture.
12. Breathe out, punch both fists sideways.
13. Breathe in, return to step 1 posture.

**Finishing steps:** Same as Movement 2

### Tips for Movement 7:

- Turn the fist 180 degrees during the punch.
- The punching force is originated from the feet and goes through the Dantiane.



**Movement 8 – Standing on tiptoes to defeat various ailments 背後七顛百病消**



**Benefits**

1. Stimulating the spine and Governing Meridian
2. Regulating Yin and Yang
3. Improving physical body balance
4. Relaxing the muscle of the whole body

**Beginning steps**

Same as Movement 1

**Movement 8 steps (repeat 7 times)**

1. Straighten the legs.
2. Make a fist of the right hand, put the right fist at the back, hold the right fist with the left hand. \*
3. Breathe in while standing on tiptoes.
4. Breathe out and drop the heels to the ground, feel the vibration travelling upwards from the feet and relax the whole body.
5. Repeat steps 2 - 3.

\*Actions of left and right hand in Step 2 can be swapped according to your preference.

**Finishing steps**

Breathe naturally, move hands by the side, move the left foot to touch the right foot.

**Tips for Movement 8**

- Relax the shoulder.
- Top of the head points to the sky.
- Raise the pelvic floor and tighten the abdomen.

