



# Xin Qi Shen Dojo Qi Gong



## Emei Shan Qi Gong

The Emei (O'mei) Mountain Qi Gong loosens and relaxes the body to release blockages and permit the qi to flow freely throughout the body. Though some of the movements are specific to open up certain meridians and qi passages, in general most of the movements are to open up the entire body so the qi can find it's own and proper flow. For the full benefit of this qi gong it's important for the mind to be 100% focused upon the movements and the feeling of the movement and what's happening with the muscles.

At an advanced level this qi gong is done with reverse breathing in order to store qi and strengthen the body.

Master Tchoung learned this system from Abbot Hui Gong a Taoist on Emei Mountain located in Sichuan province China.

## ZHAN ZHUANG

(standing meditation)

1. Wuji
2. Monkey holds the cauldron
3. Universal post
4. Lifting up the mountains
5. Press Mt.
6. Raise hands
7. Pushing the Mt.
8. Retreat to ride the tiger
9. Holding the baskets

## BU FA (Foot Methods)

1. Knee Circles
2. Leg stretch
3. Mandarin Duck
4. Separation of legs
5. Kick with heel
6. Pat Foot
7. Sweep the lotus
8. Inside lotus

## 24 MOVEMENTS

1. Curl Down
2. Slouch
3. Curl Right
4. Curl Left
5. Gaze Right
6. Gaze Left
7. Leg Right
8. Leg Left
9. Snake Creeps L
10. Rooster R
11. Snake Creeps R
12. Rooster L
13. Palms to sky
14. Twist L curl down
15. Sitting
16. Curl hooked hands front
17. Twist R curl down
18. Sitting
19. Stretch left & right
20. Twisting Snake left & right
21. Ride the Tiger & Push
22. Ride the Tiger & Push
23. One leg balance l & r
24. Twist stance l & r

## CLAM MOVEMENTS

## FOX BAYS AT THE MOON

## CRANE MOVEMENTS

## THE SPRING

## THE FOUNTAIN

## STIRRING THE CAULDRON

## SPRINGING LEGS

## MANDARIN DUCK WALK