

PRACTICES AND EXERCISES

The Basic Curriculum is mostly simply:

1. Forms
2. Standing Foundation
3. Pushing Hands/Application
4. Meditation and
5. Energy Cultivation

Four most important principles in practice:

1. PRESENCE
2. Relax and Gather
3. Observe Yin Yang
4. Yi leads the chi (intention)

1. Warm Up And Relaxation (Warm up, relax, releasing energy blockage, calming, quieting mind, body awareness, centering and grounding)

- Shaking and Breathing
- The Warm Up Exercises

2. Breath

- Ribbon Breath
- Full Waist Breathing (including breath opening exercises)
- Seated Breathing Meditation
- Integration Breath
- Power Breath

3. Balance and alignment

- Three-Point Alignment
- Basic Balance and Alignment

4. Body Alignment

- Positions Feet
- Alignment of the Knees
- Alignment of the Hips (and sacrum)
- Alignment of the Torso
- Alignment of the Arms and Hands
- Positions of the the Hands
- Position for the Tongue
- Positioning of the Spine

5. Grounding And Centering

- Includes the principle with demonstrations of grounding
- Includes the principle with demonstrations of centering

6. Posture And Stance (Structure)

- Posture, how to stand
- Leg and Hip folding Exercise
- Pelvis Flex To Open Lower Body Energy and Free Sacrum
- Stance
- Four Leg Exercises

7. Stepping

- Includes all the mechanics of stepping

8. Movement

- Arm and Leg “Empty Moving” Exercise
- Movement, The Energetic Qualities
- “Whole body” movement
- Moving From the Center
- Lazy Cat Walking
- Swan Walk
- Circling Exercises

9. Standing Foundation Cultivation (Zhan Zhuang)

Golden Flower Standing Form (With “Be Here” Meditation)

- Wu Chi position
- Embracing The Sun
- Holding the Moon
- Leg gathering exercise (gather chi to kidney)
- “One-leg” standing (3 point alignment)
- Yin Standing and Yang Standing

“Small Circle” Standing Form or “I Chuan”

- How to open up the position from Golden Flower Standing

Other Standing Postures (i.e. using postures of the form for standing)

10. Mind (yi)

- One-finger Focus
- Yi “Push” Test For Directing Energy
- Test Feeling With Pleasant Thought or Disturbing Thought
- Standing for Yi Development
- Form movement by thought or visualization

11. Combined Practice

Peng, Lu, Ji, An to eight directions exercise

Golden Flower Sequence (form)

- Speaking weighting and leg movement form
- Yin yang form
- Folding Form
- Hand form
- The Position “Freeze” form with individual correction
- The Six Harmonies Form (3 External and 3 Internal Coordinations)
- Other Form Variations
- Metered “drone” or “silk reeling” form
- Form with Closed eyes
- Very slow form
- The “Thought Manifesting” form
- The “Energy Coming” form
- Continuous Relaxing form
- The Golden Flower Fast Form

12. Application And Joined Hands Practice

- Joining Energies Interactive and Pushing Hands (note: touch)

13. Meditation Awareness And Energy Cultivation

- Be Here Process
- Gathering Process
- Po Chi
- Breathe meditation
- Sitting for awareness
- Standing with awareness
- Moving (form) with awareness
- Slow Movement to Music
- Yin Cultivation
- Sitting Meditation (Instructions how to do it) (include "gathering")
- "Internal Smiling" Chi cultivation
- Microcosmic Orbit Circulation (advanced level)
- Po Chi Space Expansion Exercises
- Chi Massage
- "Merging Heaven and Earth" Chi Kung
- Acting with awareness in daily life
- The Energy Cultivation Process
 - The Purpose, Benefits And The Essential Necessity Of Self-Cultivation Practice
 - (S&B)
 - (Basic Energy Perceiving Exercises)
 - (The "Be Here" Process)
 - (Standing Zhan Zhuang)
 - Energy Cultivation Process
 - Belly Pumping or any lower center clearing process
 - Chi Permeation Exercise
 - Small Circle Circulation (possible 3 directions and 3 centers)
 - Large Circle Circulation
 - Arms Circulation
 - Legs Circulation
 - Microcosmic Orbit
 - Triple Burner Exercise
 - Bone Breathing
 - Breathing Through the Arms and Legs
 - 10 Psychic Channels

Extra Practices

- Sword Warm Up Exercises
- Sword Form Jian #1 (Short Form)
- Sword Form Jian #2
- Sword Form Dao (Broad Sword)
- Xing Yi Nei Gong
- Xing Yi 5 Elements
- Pa Kua Super Fitness