

Daoist Foundation Chi Kung (1)

- 1. Heavenly Turkey Watching Tennis**
Turn Side to Side – keep knees forward, sacrum down, not a ballistic movement
- 2. Immortal Frog Leaps Up To Heaven**
Spring in the Legs – hands go up & down, keep the back straight
- 3. Devine Monkey Strokes His Fur**
Hands Stroke (all the way) Down the Body - keep the back straight
- 4. Old Sage Shakes Off The Dog**
1-2-3 Spring on One Leg
- 5. Ancient Teapot Pours Heavenly Energy Left & Right**
1-2-3 Stretch to the Sides - Up (1) and to the Side (2,3)
- 6. Fair Lady Lifts Her Spirit and Kicks Back A Few**
Stretch Up, Leg Kicks Back – count 1-2-3 Kick, lead by the heel
- 7. Lu Chi Looking In The Sky For Diamonds**
Palms Down 45° and Turn
- 8. Opening And Closing The Third Eye**
Palms together, Squat – wide stance, palms together when sinking
- 9. Devine Immortal Is Shaken, Not Stirred**
Shake Hands & Feet – Hands, arms, feet, legs, heels, keep the back straight

Daoist Foundation Chi Kung (2)

10. **The Abbot Practicing At The Monastery Of Silly Walks**
Legs Up 10x & to the Sides 10x - keep the back & neck straight
11. **Serving Tea At The Monastery** (all directions)
Flying Saucers – Fold in the hips, turn from center
12. **Opening The Curtains To Embrace The Primordial Light**
Open to the Right, close to the Left – no turning
13. **Playful Tiger Frightens The Village**
Waving Hands Up & Down – Turn center, hands wave up and down alternating
14. **Polishing The Jade Altar**
Hips Forward and Back – Keep the knees bent
15. **Giant Squid Stretching Out Its Tentacles**
Curl Up Hands - Stretch Up – Arms curl up, forearms together, lift up, heels lift
16. **Balancing The Cosmic Elevators**
1 Hand Up, 1 Hand Down – 1 Hands goes up while the other goes down, top hands turns first
17. **Swimming In The Fountain Of Youth Strengthens**
The Triple Burner
Triple Burner Exercise - 3x3 Breath – 1) push down, 2) push to the sides, 3) push up (stand on toes)
18. **Devine Immortal Gathers His Centre**
Concentrate in the Dan Tien - Cranes bills on the Dan Tien