

# Taiji Qigong (18 Movements)

Franz Moeckl

(franzmoeckl@hotmail.com)

## 1. Waving Hands by the Lake (Raising and Lowering Arms)

Inhale: Raise arms until shoulder level, wrists loose

Exhale: Relax elbows, sink down and lower arms to your sides

## 2. Opening the Chest on Top of the Mountain (Opening The Heart to What Is)

Inhale: Raise arms until shoulder level and out to the sides; palms facing forward

Exhale: Bring arms together until width apart, palms facing each other, turn them down and lower them to the sides while sinking slightly.

## 3. Swinging the Rainbow

Inhale: Raise arms above heads, palms facing each other

Exhale: Transfer weight to the right leg and bend from the waist to the left; right hand above head, left hand out to the left at shoulder level.

Inhale: Transfer weight to center and as you exhale shift weight to left leg and bend to right.

Exhale: Squat down, hands cross at the knee level

## 4. Parting the Clouds

Inhale: Raise the body as you lift arms above head and rotate palms until they face the sky; following the arm movement with your eyes.

Exhale: Separate arms(parting the clouds), lower them sideways while squatting down as far as it is comfortable.

## 5. Floating Silk in the Air (Rolling Arms)

Inhale: Arms stretched out in front at shoulder height, palms up;

Exhale: Turn waist to the right, right arm circles down and up until both arms stretched out, palms up.

Inhale: Continue circular movement with right arm and push forward as you turn waist to face front again.

Exhale: Continue pushing forward with right arm while left arm moving back past hips.

Inhale: Turn waist to left as left arm circles up to shoulder height, palms up and continue.

6. Rowing Across the Big Lake (Rowing Across the Ocean of Samsara)

Inhale: Raise arms in a circular motion back and upwards above shoulder.

Exhale: Sink or squat down and lower arms to the front as if “rowing a boat”.

7. Raising the Sun

Inhale: Raise left arm diagonally in front of right shoulder, palm up while shifting weight onto right leg; left heel comes up and turns slightly in. Meanwhile, the back of the right hand touches lower back.

Exhale: Turn palm down, lower left arm, shift weight back and repeat with right arm.

8. Gazing at the Moon

Inhale: Shift weight on left leg, turn waist to left and raise arms up and back over your shoulder and look through hands(gazing at the moon).

Exhale: Return to the front by lowering arms, weight evenly distributed and sinking slightly;

Inhale: Continue to the other side.

9. The Wind Rustles Lotus Leaves (Turn Waist and Push with Palms)

Inhale: Arms at waist, palms up

Exhale: Turn waist to the left, right palm pushes out

Inhale: Make a fist, bring right palm back to the waist and continue with left palm pushing out.

10. Wave Hands Like Clouds

Inhale: Turn slightly right at waist, raising left hand in front of your face, palm facing you.

Exhale: Turn waist to left while left hand is following the turning of the waist at eye level until left arm floats out to the side.

Inhale: Right arm, palm up-is rising towards the left shoulder, while left arm is dropping.

Exhale: Turn waist, arm following to the right and continue

11. Scoping the Ocean and Look at the Sky

Inhale: Step forward with left leg

Exhale: Shift weight onto left leg while bending down, hands crossing at left knee.

Inhale: Shift weight onto rear leg, lift left toes and bring up arms(scooping the ocean) above your head-follow the arm movement with the eyes- and open the arms to the sides (look at the sky)

Exhale: Turn palms down, bring arms down to the side and bring back your left leg; continue with the other leg.

12. Pushing the Waves

Inhale: Step out with left leg, raise arms to shoulder level, elbows down, wrists loose.

Exhale: Shift weight on left leg and push out arms in a wave-like motion.

Inhale: Shift weight back on right leg and bring arms back to body.

(Do this six times, then switch legs)

13. Flying Dove Spreads its Wing

Inhale: Raise arms to the side, palms forward and step out with left foot.

Exhale: Shift weight on left leg and bring arms together until shoulder width apart.

Inhale: Shift weight back on right foot and bring in arms towards the chest and continue.

14. Dragon Emerging from the Sea (Punching with Fists)

Inhale: Bring fists up to hips, fists facing upwards

Exhale: Punch forward with right fist while turning it down.

Inhale: Draw fist in towards the hip facing upward again.

Exhale: Punch forward with left fist.

15. Fly Like an Eagle

Inhale: Raise arms sideways above head, palms outside, lift heels if you don't wobble.

Exhale: Lower arms and heels and squat down as far as you feel comfortable, palms down.

16. Windmill Turning in the Breeze (Turning the Wheel of the Dharma)

Inhale: Raise arms towards the left and above your head in a circular motion.

Exhale: Continue circling the arms towards the right and downwards while bending the waist forward and sink in the knees.

Inhale: Continue circling 3-5 times then switch direction.

17. Stepping and Bouncing the Ball (Stepping out of Samsara)

Inhale: Raise left knee and right arm simultaneously.

Exhale: Lower them gently.

Inhale: Raise right knee and left arm simultaneously; lower them and continue.

(Do it at least twelve times or as much as you feel comfortable)

18. Gathering the Fragrance of the Earth (Balancing the Qi to Close)

Inhale: Squat down and come up while raising arms with palms up until shoulder level

Exhale: Turn palms down, lower arms to belly and sink slightly.

After finishing the movements, place your palms on your belly (Dantien);

Men first left hand, then right; women vice-versa. Stand still for a minute or as long as you feel comfortable and sense the energy in your Dantien. If you want, you can visualize a pearl in your belly, the breath as a silk cloth and the light of awareness shining on it.

Grandmaster Lin Hou Sheng's advice:

- 1 Perversere in your training. Do not drop out half way. Have faith, determination and patience.
- 2 Maintain correct posture throughout the training. The body should be relaxed, upright and natural. Movements should be gentle, circular, fluid and co-ordinated.
- 3 Pay attention to the functions of mind and breathing. There are three aspects of the art: training of posture, of mind and of breathing.
- 4 Pay attention to 'internal force'. Use mind; do not use mechanical strength. Mind leads, Qi will follow. When external form moves ( without strength ), internal flow (Qi) flows.
- 5 Movements should be light and pleasant, fluid and continuous. Practice with a smile, and with background music. There shouldn't be any abrupt break between changes of pattern.
- 6 Practice in a comfortable, quiet and scenic environment. Outdoor practice is not suitable if it is too windy. If you practice indoors, ensure that the air is fresh. Practice one to three times a day, for about 18 minutes.