

# WEI TUO QIGONG

## SECTION ONE - VITAL OPENING DRILL

1. Stand Calmly
2. Commencing Form
3. Open the Chest and Guide the Chi
4. Circulate the Heavenly Chi Smoothly like Water
5. Spread the Wings and Bathe in the Chi, Wei Tuo Posture

## SECTION TWO - CRANE

1. Raise Wings and Draw in the Earth's Energy (Left)
2. Step Up and Ascend to Heaven (Left)
3. Raise Wings and Draw in the Earth's Energy (Right)
4. Step Up and Ascend to Heaven (Right)
5. The Crane Ends, Commencing Form, Wei Tuo Posture

## SECTION THREE – EAGLE

1. Coil Palm and Lift the Chi
2. Exhaust Chi, Turn Knees and Hips (Left to Right)
3. Shake the Winds and Open the Eyes (Left)
4. Return to Coil Palm and Lift the Chi
5. Exhaust Chi, Turn Knees and Hips (Right to Left)
6. Shake the Winds and Open the Eyes (Right)
7. Return to Coil Palm and Lift the Chi
8. Exhaust Chi and return to Commencing Form, Wei Tuo Posture

## SECTION FOUR – DRAGON

1. Come out of the Sea and Mount the Clouds (Right to Left)
2. Dragon Claw on Left Stance
3. Come Out of the Sea and Mount the Clouds (Left to Right)
4. Dragon Claw on Right Stance
5. Lift the Head and Gaze at the Sky
6. Return to Commencing Form, Wei Tuo Posture

## SECTION FIVE – TIGER

1. Turn body and act like a Tiger
2. The Hungry Tiger Devours its Food (Three Times)
3. The Tiger Roars
4. Return to Commencing Form, Wei Tou Posture

## SECTION SIX – MEDITATION

1. Five Elements Meditation
2. Closing Form (Receive the Chi)