

Qigong

Qigong Standing Postures

Wu Chi – The first position

Holding A Balloon – The second position

Holding Your Belly – The third position

Standing in the Stream – The fourth position

Holding the Balloon in Front of your Face – The fifth position

Variations of positions

Weight on One Leg – The sixth position

Holding the Ball on One Side – The seventh position

Extending One Foot Forward – The eighth position

Rising Up on One Leg – The ninth position

The Eight Fine Exercises (or The Eight Layered Brocade)

Supporting The Sky With Both Hands

Drawing The Bow To Each Side

Holding Up A Single Hand

Looking Back Like A Cow Gazing At The Moon

Lowering The Head And Hips

Touching The Feet With Both Hands

Clenching The Fists

Shaking The Body Wards Off All Illness