

# Daoist Five Qigong (QIGONG)

## I. Wu Ji—Clears the mind.

### A. Posture

1. Place the feet hip-width apart, toes turned slightly inward
1. Balance front-rear and left-right on feet.
2. Knees unlocked, with thighs and knees lined up between the large and second toes
3. Hips in neutral position, neither arched back nor tucked under. Anus is slightly contracted.
4. Torso slightly lifted off the hips as if by a skyhook.
5. Belly relaxed.
6. Breathing: On the in breath, the abdomen two inches below the navel (the *dantien*) expands. With the out breath, the abdomen contracts. The chest does not expand.
6. Chest is relaxed and slightly concave.
7. Shoulders relaxed.
8. Head balanced on the neck. Head floats off the shoulders as if by a skyhook. Look straight ahead and horizontally to the farthest point visible.
9. Align the ears, shoulders, hips, and ankles. This will often require a slight tilting forward from the hips, while keeping the legs stable.

B. With eyes closed or slightly open, empty the mind of all thoughts and emotions. When this condition is achieved, begin movement.

Warms up (variation allowed).

### \* Daosist (Slap body Warm up \ Cool down)

1. Atta boys (hand to delt, crossing chest; other had to back \ KD)
2. Turtle neck (reverse)
3. Neck Side to Side (Reverse)
4. Ear To Shoulder (dropping and rolling neck)
5. Shoulder Rolls (Forward and Back)
6. Arm Circles (One fist rolls out at a time, back of soft fist rolling out and back) -- alternate
7. Hulu Hoop, hip rotation (reverse) – traditional: male grasp right wrist, female grasp left wrist behind back... Personally, I say follow “your” body’s preference.
8. Upper body Circles – thumbs forward on hips “diving dragon stirs soup” – Dive forward with head leading back. At bottom, bend knees and return slowly to beginning posture feeling each virtubrea
9. Knee circles (knees move in opposite directions like an egg beater, reverse.) Hands on knees bending over slightly.

## **II. Pulling Down Heavens (PDH) (X3)**—Banishes sleepiness, tiredness

Reach up and out; pull down energy from the universe. Pull down the front one-third of the body, then the back third, then the center third.

## **III. Purging**—Rids stagnant energy, loosens up

### A. **Counterswing**—Clears stagnant chi, wakes the body

1. Starting with the arms slightly crossed below, the tongue in Default Position, INHALE, lift the arms to shoulder height or lower, bringing the stagnant energy of the organs up into the arms. EXHALE, turn the hips one way (e.g., left) and swing the opposite arm (e.g., right) in front of the body while the same-side arm (e.g., left) swings behind. This discharges stress, tension, and stagnation. Think “filling and tossing”.

Finish by doing one **Pulling Down Heavens (PDH)** to ground and root, lowering the stimulation. Bring the feet together.

### B. **Dropping the Post**—Grounding. Clears stagnant chi into the earth

1a. Tongue: Default. Come up on the toes and start bouncing gently. Relax the ankles, knees, waist, shoulders, and arms.

1b. INHALE, gather as if filling the body from the feet to the neck with water while bringing the arms out a little to the sides, then EXHALE, and drop into the heels 3-5 times. Send the water into the earth. Repeat this part (b.) three times.

Repeat 1a and 1b. three times each. Finish by stepping to the side hip width or wider.

### C. **Trembling Horse**—Wakes up the tissues, clears stagnant chi.

1. Tongue: Default. With arms out and down, begin to shake and loosen the arms, shoulders, torso, and hips. Shake like a horse shedding water and settle into the legs and feet with the sound of a horse blowing through its lips, hands flat with palms down.

Finish by doing one **Pulling Down Heavens** to ground and root.

## **IV. Tonifying**—Strengthens

### A. **Taoist Yang Organ Exercise**—Improves Digestion

1a. Tongue: Default. INHALE and expand as you bring the hands up to the side, elbows down, palms horizontal. Visualize: bringing energy up the back from the perineum to the *ming man* (the equivalent in the back to the *dantien* in front, causing an energy ball at the *dantien* to begin to roll forward.

1b. EXHALE and swing the hands down, palms still horizontal, continuing to roll the ball. This is known as “beating and drumming the chi”.

Do this smoothly and continuously for several repetitions. Finish with the hands down, then bring the hands up as if to do a **Pulling Down Heavens**. Widen the stance to protect the back for...

### B. **Spine Stretch** (The Waterfall)—Loosens the joints

1a. Tongue: Default. INHALE, tuck the head and neck first, gently roll forward, leading with the hands and arms, EXHALING as if under a waterfall that goes down the back and into the earth.

1b. Bend the knees, INHALE up as you hold a big ball, bringing earth energy up the legs, into the spine and the brain. The head comes up last.

Repeat several times. Finish at the top, come down as with a **PDH** to...

Organ Exercise:

**C. Lung Exercise**—Clears lungs. Color: White

1a. Tongue: Between or behind the front teeth. With palms down, have the elbows slightly below shoulder level, and hands either flat or in a *mudra* with the thumbs and forefingers touching (to connect the lung and large intestine channels). INHALE, bring the elbows back by squeezing the shoulder blades together. Visualize: Bringing cleansing white light into the lungs.

1b. EXHALE, turn the hands palms up and bring the hands and arms out and forward until they are in front of the chest. Visualize: Exhaling decreasingly dark stagnant energy. Turn the palms down and repeat.

Finish by bringing the hands to the front, then lowering them to the side, palms horizontal.

**D. Kidney Exercise**—Replenishes kidneys. Color: Dark Blue

1a. Tongue: Rolled back at roof of the mouth. Bring the left hand up in front of the forehead, palm out. The right hand rests in back between the kidneys at the bottom of the ribs. Turn the hips and torso left and shift left as you EXHALE and reach out and down in a scooping motion, palm up, INHALING and turning and shifting right as you circle the left arm up to the forehead again. Visualize: Standing in a shallow pool of dark blue water, scooping it up, letting it run down the moving arm, across the shoulders, down the lower arm and into the kidneys, filling them with energy. After several repetitions, with the left hand up at the forehead, exchange hand positions.

1b. Repeat on other side for an equal number of repetitions.

Finish with the right hand at the forehead level.

**E. Liver Exercise**—Strengthens liver. Color: Green

Tongue: Straight up to roof of mouth. Bring the right hand down under the left, palms facing, in front, at liver height (solar plexus). INHALE at least three times, then EXHALE at least three times, as you push first the top/left hand out with palm down and fingers up, then the right, while the opposite hand pulls in, palm up. Let the waist turn freely with a continuous flow. Visualize: Pumping clean earth energy (ching chi) up into the torso, as water or light, along the insides of the legs and by the genitals, filling and stimulating the liver with green. Once filled, push any stress, tension, or stagnant energy out of the liver. The toxins, as black mist, become clear as they are removed. Help the liver help you.

Finish with one hand extended. Bring the other hand out to it and “bring its friend home”. Close with hands at side, palms horizontal.

**F. Heart Exercise**—Color: red

1. Tongue: Default. “Hold a large ball” in front of your center, right hand over left, palms facing. INHALE; turn the hips and torso to the left. Bring the left hand up, followed by the right, and extend them out to the left, palms out. Do not lean, but sink into the left knee and leg to ground and root.

2. EXHALE; pull the lower (right) hand down to the level of the *dantien*, followed closely by the left hand coming to the heart level, palm facing right.

3. INHALE; turn the hips and torso to the right, raising the right hand above the left and extending both arms, palms out. Sink and root into the right knee and leg.

4. EXHALE; bring the left hand back, palm up, at the level of the *dantien*, followed closely by the right hand coming to the heart level, palm facing left.

Visualize: Inhaling energy into the palms and chest, moving red chi into the heart, and then

exhaling any anxiety. Repeat several times.

**Finish with one-half PDH.** (i.e. just gently let hands drop) At the bottom of the arm movement, the hands and straight arms move to the rear with forearms opening out to the side (*an* position).

Visualize: Gathering chi into the tissues and meridians.

#### G. **Spleen Exercise**—Color: yellow

Tongue: Below the bottom front teeth. From the ending of the heart exercise, bring the hands together at the lower front. Form a triangle with the thumbs and forefingers.

1. INHALE; bring the hands up in front and above the head, triangle horizontal, elbows bent as needed. Shoulders are back and down.

2. EXHALE; turn and sink into one side while looking up through the triangle.

3. INHALE; turn to the center.

4. EXHALE, sink and turn to the other side.

5. INHALE; turn to the center. Repeat several times

Visualize: Inhaling brings energy spiraling up from the earth, filling the torso. Exhaling sends stagnant yellow energy spiraling up and out the triangle formed by the hands. Looking through the triangle stimulates both brain hemispheres, helping your *yi* (intention)

Finish from the center position. Pull the hands down the side channels, palms toward you.

#### H. **Turtle breathing**—Stores energy gathered in practice

Tongue: Default. Breathing: Reverse (Belly in on inhale, out on exhale).

INHALE; Hands out and up to the head in a mini-PDH and down in front of the chest. EXHALE; “Grab a rod”, palms down; turn the hands over, palms up. INHALE; squat down on a five-count. Come up, bring the hands out and up again (mini PDH), and repeat for a total of three repetitions. Visualize: As you come up, feel the chi wrap around the waist to settle in the dantien .

Finish with one PDH.

#### I. **Guan Gong Stroking Beard**—Circulates the energy just stored.

Tongue: Default. Breathing: Reverse

INHALE; bring hands up center line, from groin to chin, hands facing, slightly apart, as if stroking a long beard. EXHALE; pull hands down from chin to groin.

Visualize: On the inhalation, the hands are like magnets pulling the energy up the back, over the head, then down the front on the exhalation to the perineum. Finish with the hands down.

## **VII. Regulating**—Evens out the energy throughout the body.

### A. **The Golden Ball**

Tongue: Default. Hands are soft, the elbows loose. Start with hands low and out to the sides.

1. Gather: INHALE; bring hands together down low

2. Rise: EXHALE; raise hands, elbows straight, to chest height.

3. Expand: INHALE; bring hands out to the side, palms in, elbows bent

4. Contract: EXHALE; bring hands in even with the side channels, arms extended.

5. Flow in: INHALE; bring the hands in, palms forward.

6. Flow out: EXHALE; push the hands out, palms forward.

7. Fall: INHALE; hands drop, palms down, elbows straight

8. Disperse: EXHALE; bring arms out to the front sides, elbows straight, palms down.

Repeat several times. Complete with Dispersing. Do one **PDH**, sealing off the energy in the *dantien*, then finish with hands down at sides, palms down. Relax wrists.

**Notes: CAUTION: be aware of your own limitations and disabilities and allow for them.**  
**All exercises, beginning with Purging, are to be done a minimum of three times each.**  
**Constantly strive to relax throughout the exercises.**  
**On a full stomach, be gentle with yourself.**  
**All exercises are done with regular breathing except as noted.**

**End: Slap body: (Daoist Slapping Warmup \ Cool down)**

Healing Sounds: Preferred to do before warm ups, but if teaching group might be better to do last in order that they be more at ease making funny sounds.

LU -- Ssh or sssss (like snake Hisss, but month wide); Arm up in front slightly above sholder lvl, palms out. Color: White

KD -- Twa or FUuuu (descending); leave forward, hands on knees, head down. Color: Dark Blue

LV -- Shu (descending), Lean left, Right hand up and over head. Color: Green

HT -- Ha (descending), Arms up in front, at forehead or higher, palms out. Color: (Red or Pink)

SP -- Who (Steady: not decending), Lean Right, Left hand up and over head. Color: Yellow

SJ -- Xe "She" (decsending), PDH. Up stroke breath in, down stroke do XE. Color: (Red or Pink)