

Chi Kung standing practice Overview.

Warm Up

1. Knee Circles
2. Hip Circles
3. Arm Circles

Ba Duan Jing - Eight Brocades Exercises

1. Support the Heavens
2. Stretch a Bow
3. Heaven and Earth
4. Looking Back to the Moon
5. Stretching Sideways
6. Release Lower Back
7. Clench Fists
8. Back Rubbing - Release All

Zhan Zhuang - standing Chi Kung

1. Gathering Posture
2. Wu Chi Posture
3. Embrace Belly Posture - Wood Posture
4. Embrace Balloon Posture - Metal Posture
5. Opening Forward Posture - Fire Posture
6. Opening Sideways Posture - Water Posture
7. Hold Down Posture - Earth Posture
8. Back Support Posture

Cool Down

1. Collecting Chi
2. Gathering Posture
3. Rubbing Lower Back
4. Hip Release
5. Shaking Hands and Feet / Arms and Legs
6. Rubbing Hands
7. Washing Face and Neck
8. Massaging Body
9. Massaging Knees
10. Gentle Moving and Walking
11. Drinking Something Warm

Home Practice - Standing

10 minutes: Only the standard warm-up

- ◉ Knee Circles: 30 times each direction
- ◉ Hip Circles: 30 times each direction
- ◉ Arm Circles: 30 times

10 minutes: Ba Duan Jing

- ◉ All eight Ba Duan Jing exercises, 4 times each

20 minutes: Ba Duan Jing

- ◉ All eight Ba Duan Jing exercises, 8 times each

5 minutes: One single standing posture

- ◉ One of the basic standing postures, for 5 minutes

25 minutes: Simple standing training routine

- ◉ Standard warm-up: 10 minutes
- ◉ Gathering Posture: 2 minutes
- ◉ Wu Chi Posture: 3 minutes
- ◉ One basic standing posture: 5 minutes
- ◉ Standard cool-down: 5 minutes

30 minutes: Ba Duan Jing and standing postures

- ◉ Regular warm-up: 10 minutes
- ◉ Ba Duan Jing, 4 times: 10 minutes
- ◉ One basic standing posture: 5 minutes
- ◉ Regular cool-down: 5 minutes

The Ba Duan Jing exercises can be done before or after the standing practice.

30 minutes: Sequence of all basic standing postures

- ◉ Regular Warm-Up: 10 minutes
- ◉ Gathering Posture: 2 minutes
- ◉ Wu Chi Posture: 2 minutes
- ◉ Embrace Belly Posture: 2 minutes
- ◉ Embrace Balloon Posture: 2 minutes
- ◉ Opening Forward Posture: 2 minutes
- ◉ Opening Sideways Posture: 2 minutes
- ◉ Hold Down Posture: 2 minutes
- ◉ Back Support Posture: 2 minutes
- ◉ Regular Cool-Down: 5 minutes