**Da gong: Primordial Qigong - Grandmaster Feng Zhiqiang**

http://www.youtube.com/watch?v=-5X5pBx8nUE&feature=related

Preparation: Circle hands – swing out to right shoulder height, then circle to left x3 and then change to right x 3

1. **Universal energy** – palms up and raise arms out to side, gathering universal energy down through *baihui*, palms down in front of face, pause slightly with hands on chest, then down above *dantian* separate hands and fingers down towards knee and legs bend a bit. Repeat 3-9 times

Shou gong: 3 circles infront of body – closing.

1. **Sandan taijigong** -circle arms out in to side, then leaning forward bring in front of body – i) **shangdan taiji:** in front of mouth/throat; ii) **zhongdan taiji:** in to *dantian* – gently rest little finger edge below dantian: iii) **xiadan taiji:** raise hands up sides of body to above navel level and then using dantian circle so hands go out and then bend forward a bit so arms still above knee and draw energy up – *huiyin,* thenhands circle up and to back, qi to *mingmen* and as circle hands back to front, qi to *zhong dantian*

3 circles infront of body – closing.

1. **Circle ball: Xiong zhang lou qiao gong:** raise arms up front to chest level (a bit higher). Feel qi between hands, then yin yang circle arms forward for 36 movements, then backwards, 36. Weight shifts slightly from left to right foot

Shao gong: 3 circles infront of body – closing.

1. **Open-close *he gu:* Feng dan tai hegu** - bring hands up front to in front of chest/neck and then open and close (not completely) feel wai hegu as separate and nei hegu as bring hands towards each other. i) **shang** ii) **zhong** iii) **xia** – legs bend slightly and fingers pointing diagonally downwards. Arms raise to below shoulder height as stand up in between.Weight stays in middle, but as move arms apart as if body moving forward and backward – wavelike.

Shao gong: 3 circles infront of body – closing.

1. **Sun & Moon: Re yue xuan zhan gong:** hands start on chest, then circle opening (side, then up and forward) first x 3-9 and then closing 3-9 times. Then wipe down *Ren* channel 3x from chest to *dantian.*

Shou gong: 3 circles infront of body – closing.

**Xtra)** **Pointing**

step forward with L foot, bow stance. Circle R hand behind to R, then forward with index finger pointing forward – yi nian – intent in distance.

Can lift front foot as draw back, then focus on *yong quan* as foot flat. REVERSE, then CHANGE SIDES.

Shou gong: 3 circles infront of body – closing.

1. **Silk reeling ball: Juan Jing Chansigong:** step forward with L foot, bow stance. 2 hands palm facing each other and circle hands back to R, then forward and then slow a little as pull palms and energy back into *dan tian*. Then a relaxing movement swinging forward first before repeating big circle to back. REVERSE, then CHANGE SIDES.

Shou gong: 3 circles infront of body – closing.

1. **Yin Yang legs: Dan tui shen zhang gong** (.. jing luo de gong fa) NB hands go up to *qimen*

Feet wide. Come up the yin side of the L leg from *yong quan*, then draw up to *hui yin* to *dantian* then down yang side of R leg, the up yin side R leg to *hui yin* to *dantian* then down yang side of L leg, the up yin side L leg etc

Shou gong: 3 circles infront of body – closing

**Double Yin Yang legs: Shuang tui shen zhang gong** (.. jing luo de gong fa …. Yi nian – intent - Pi wei lu)

Both hands together, circle forward and then up yin side of both legs, to *hui yin* to *dantian* then down yang side of both legs

Shou gong: 3 circles infront of body – closing.

1. **Dai mai muo pang gong** Yi nian – intent – *dai mai* to *dantian*)

***ii) Xiao muo pang jing gong si -***Start on R!! both hands palms down, *dai mai* level *dantian*, weight on R, circle hands at *dai mai* level and take weigh to R then L as hands circle

***ii) Da mou pang jing gong si -***bigger

start on R side, intent is bigger, yi nian (intent) on *mingmen*

3 circles infront of body – closing.

**9)** **Big circle open & close: Chin kung kai he gong** (from wu xing)

i) circle arms infront of body 1st, palms down, and bend down, bend knees and cross hands palms facing women LH on inside)

ii) reverse when hands low and bent knees, swing arms outwards, as

stand up, then hands almost touching as come down front of body to just below knees

***(Shang kai xia ke – kai tian, ke bi*** *– ex 1 close down and open up, ex 2, open down and closing up)*

Shou gong: Shou gong: 3 circles infront of body – closing.

**10)** **Scoop qi to centre: Shou qi gui dan gong**

LH circle out to L and then in to *dantian,* then right, alternate, shifting weight.

Shou gong: 3 circles infront of body – closing.

**11)** **Bao jian an wo gong**

i) Head circle: ***ci tou muo nian*** 2 hands circle from back of neck over head and down face – *lao gong*

ii) Ears: ***an mo lian er*** – thumbs in ears, fingers on head, press thembs, close eyes, then realease opening eyes wide

iii) ***cuo muo yin xiang*** – thumbs knuckles from *yin xiang* up to inner canthus and down below yx

iv) ***tai muo jian jing*** – RH slap L *jian jing* first

v) ***tai muo he gu*** – R index knuckle pound L *he gu,* then swap

vi) ***tai muo nei guan*** – loose fist pat  *nei guan* L 1st

vii) ***tai muo shou san li*** – loose fist pat *shou san li* L 1st

xtra) **bi nao**

viii) **armpit**: ***zhua nie ji quan*** – thumb pluck tendon in axilla (under armpit) that makes fingers go numb

ix) **shen shu** ***kai muo hou yao*** – pound KD23

xtra) **wei lu (ci liao)** BL 31-34

x) ***kai muo huan tiao*** – pound GB30

xi) ***kai muo feng shi*** – pound GB31

xtra) **xue hai** SP10

xtra) **yang lin quan** GB34

xii) ***kai mou zu san li*** – pound ST34

xiii) ***kai mou wei zhong*** – pound BL40

xtra) **cheng shan** BL57

xv) ***kai mou dan tian*** – pound RN4 &6

Shou gong: 3 circles infront of body – closing.

**12)** i) **Heel drop: Dian jiao dian bei**

Lift onto tip toes then drop onto heals

ii) **Knees shake: Dao dong feng xi**

Feet flat, shake knees- knees bent a little

iii) **Body shake: Xiang hao dao dong**

whole body bounce-shake

iv) **Bear shake: Jin ji dao lin**

hands fist, start like turning bus steering wheel, then smaller movements to shake whole body

Shou gong: 3 circles infront of body – closing.

**13)** **Closing circle: Juan fu da xiao gong**

***nan zi ni she zhen, zou shang you xia, nu zi yin bao yang, nu zi yin bao yang***

hands circle – men RH on dantian, LH on top, anti-clockwise 36 times, reverse 24 times. Women, yin cover yang, R on top of L.