



## 謝瑋精氣功中心熱身功第二段

### Tse Qigong Centre Warm Up Level II

The Level II Warm Up is more challenging than the Level I Warm Up exercises but both are still quite a physical. When we have finished both Level I and Level II, we will find ourselves fitter and our body more open. Some people will definitely need a little rest, but afterwards they find themselves ready for all kind of physical exercise because the circulation in the body is strong, so that all the joints are looser and the body is warmer. For teaching the Level II and following levels of the warm up, I only teach these in my martial art classes such as Chun Yuen, Taijiquan and Hard Qigong. Level II Warm Up concentrates on a lot of kicking and moving the hips because our legs and hips are the key to fitness, flexibility and good health.

1. 風火輪 Wind and Fire Wheel
2. 旱天雷 Dry Weather Thunder
3. 龍捲風 Tornado
4. 鑽地龍 Earth Dragon
5. 炮仗腿 Firework Kick
6. 鐵猴跳水 Iron Monkey Jumps into the Water
7. 荷花腿 Lily Leaf Kick
8. 木人腿 Wooden Dummy Kick
9. 搖身腿 Swing Kick
10. 開花腿 Blossom Kick
11. 飛燕腿 Flying Swallow Kick
12. 游龍飛身 Flying Swimming Dragon
13. 童子拜佛 Child Worships Buddha
14. 飛天雁 Flying Wild Goose

Initially I created these exercises early on for my own training in the 1980's when I still lived in Hong Kong. I taught them when I moved to England on 1988. Originally there were only eleven movements, then in 2006, I increased them by another three movements. I then split the exercises into two parts and changed them to make them more interesting. For example, Wind and Fire Wheel I split it into two parts. One part is has the original name and second part is now called Dry Weather Thunder. Earth Dragon was originally a stationary movement and now I have changed it to be a kicking and walking exercise to make it more interesting and challenging. The Firework Kick, Iron Monkey Jumps into the Water and Lily Kick are all new but we can see them in some other forms as well.

**All exercises partially created by Michael Tse and names  
English and Chinese created by Michael Tse. © Michael Tse 2009**