



謝瑋精氣功中心熱身功第一段

Tse Qigong Centre Warm Up Level I

These are very basic warm up movements. There are five levels of other warm up movements but Level I is about stationary movement so it is easy to practise in a very small area. Although not much space is required for practise, we can open up all the joints so that we will not have any injuries before we do other exercise. To begin with, we start to move the waist, then with the legs and then with the upper body. This order is very important. If we follow this order, then we will not have any problem for our joints and muscles. This is because the Qi starts at the Dantian which is at our waist area. Once this area is opened, all the Qi can travel up and down the body very smoothly. Therefore, we can then practise Qigong and Chun Yuen Quan flexibly without feeling too tense. But remember we always need to listen to our body and not rush things or try to achieve results too quickly. We should take each movement step by step.

1. 鐵環扣腰 Iron Ring Around the Waist
2. 風吹柳樹 Wind Blows the Willow
3. 鯉魚跳水 Carp Fish Jumps into the Water
4. 鱷魚過河 Alligator Crosses the River
5. 開天接地 Open Heaven - Connect the Earth
6. 騎馬觀境 Ride the Horse and Observe the Horizon
7. 狸貓伸腰 Wild Cat Stretches its Back
8. 打開摺扇 Open the Fan
9. 風車吹轉 Wind Blows the Windmill
10. 陰陽輪轉 Yin Yang Wheel
11. 老翁搖頭 Wise Old Man Nods the Head

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(All the movements, Chinese and English names are created by Michael Tse in 1994.)

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