



九色柔球功 9 Colours Rotating Qi Ball

This form is about rotating Qi Balls, from one ball to nine balls. Each ball has a certain colour, from black, brown, green, blue, white, gold, silver, yellow to red. These nine colours are based on the three Dantians 三丹田, Xiao Zhou Tian 小周天, Da Zhou Tian 大周天 and the numbers of the Postnatal Bagua 後天八卦.

This form is one of the high level forms of the Dayan Qigong System. When we reach a high level the Qi has a rainbow of colours and the healthier we are the brighter the colours will be.

1. 站立放鬆 Relaxed Stance
2. 丹田前後轉 Dantian Circles Front and Back
3. 丹田左右轉 Dantian Circles Left and Right
4. 上下冲天頂至湧泉 Qi Thrusts Up and Down from Heaven Gate to Yongquan
5. 合谷前後接 Hegu Connects Front and Back
6. 氣戶,帶脈, 勞宮轉 Qi hu, Daimai, Laogong Circles
7. 開合中丹田 Opening and Closing Middle Dantian
8. 丹田前後轉上 Walking Forwards with the Dantian, Front and Back Circle
9. 丹田左右轉退 Walking Backwards with the Dantian, Left and Right Circles
10. 氣混合一體 All Qi Becomes One
11. 一色手抱球 One Colour Qi Ball
12. 二色雙手球 Two Colours, Both Hands Qi Ball
13. 三色一足球 Three Colours, One Foot Qi Ball
14. 四色雙足球 Four Colours, Both Feet Qi Ball
15. 五色下丹球 Five Colours, Lower Dantian Qi Ball
16. 六色中丹球 Six Colours, Middle Dantian Qi Ball
17. 七色上丹球 Seven Colours, Upper Dantian Qi Ball
18. 八色小周球 Eight Colours, Xiao Zhou Tian Qi Ball
19. 九色大周球 Nine Colours, Da Zhou Tian Qi Ball
20. 收氣入丹田 Collect Qi to the Dantian
21. 大氣球 Big Qi Ball
22. 有收放 Opening and Releasing Qi
23. 九色發放天 9 Colours Qi Releasing
24. 收功 Shou Gong