# 謝瑋精氣功中心熱身功第三段
# Tse Qigong Centre Warm Up Level III

In some ways, the Level III Warm Up is a lot more fun then Level II because you can practise it individually on its own, not having to do the Level I Warm Up exercises first. Level III Warm Up contains a lot of stretching which is very important for good health. When we are older we becomes stiffer, so in order to make our joints and tenders flexible, we must stretch the body. We should stretch all parts of the body in many ways. Of course, we do not have all day to do this, so we must find the most important part of the body to stretch, which is the waist. I have mentioned this many times because it is so important. Level III has three parts. The first and second parts are very traditional Chinese stretching movements and the third part is my creation and this helps us to balance on one leg, so trains the brain and balance.

**Part I (Practise on the floor)**

1. 站頂金字塔 Stand on top of the Pyramid
2. 烏龜出水 Turtle comes out from the Sea
3. 烏龜看天 Turtle looks up to the Sky
4. 成一條線 Form a Straight Line
5. 跨越兩天山 Step over Two Heavenly Mountains
6. 縮骨功 Shrinking Bones Gong
7. 軟骨腰功 Soft Waist Gong

**Part II (Practise with leg elevated on table or bar)**

8. 四面壓腿 Press the Leg in Four Directions
9. 一步登天 One Step to the Sky

**Part III (Practise on one leg)**

10. 手足同心 Hands and Legs with the same Heart
11. 足尖升起 Tip Toes Flying Up
12. 游龍飛天 Swimming Dragon Flies over the Sky
13. 開門踢脚 Opening the Door Kick
14. 燕子高飛 Swallow Flies Up
15. 童子學儒 Child Studies Rujia
16. 漁夫望海 Fishman Looks Down upon the Sea
17. 大雁飛出 Wild Goose Flies Out
18. 大雁飛進 Wild Goose Flies In
19. 朝天高腿 Sky High Leg
20. 老僧入定 Old Monk in Deep Meditation

Level III Warm Up is very interesting and challenging. If we are able practise regularly we will find the body is not only stronger and it has better control and is lighter.

**All the Exercises and English and Chinese names are created by Michael Tse in 1997**
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