



謝瑋精氣功中心熱身功第

Tse Qigong Centre Warm Up

Warm Up Level 1

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

Warm Up Level 2

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

Warm Up Level 3

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. 開門踢腳 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 Fisherman 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

Warm Up Level 4

1. 風刀腿 Fēng Dāo Tuǐ - Wind Knife Kick
2. 旋風腿 Xuàn Fēng Tuǐ - Tornado Kick
3. 飛天腿 Fēi Tiān Tuǐ - Flying Sky Kick
4. 冲天腿 Chōng Tiān Tuǐ - Spring Up Kick
5. 撥天腿 Bō Tiān Tuǐ - Wiping Sky Kick
6. 交叉腿 Jiāo Chā Tuǐ - Crossing Kick
7. 沖前腿 Chōng Qián Tuǐ - Thrust Forward Kick
8. 沖轉腿 Chōng Zhuǎn Tuǐ - Thrust Forward Back Kick
9. 地堂腿 De Táng Tuǐ - Sweeping Kick

Warm Up Level 5

1. 車輪轉 Chē Lún Zhuǎn - Cartwheel
2. 單輪轉 Dān Lún Zhuǎn - One Hand Cartwheel
3. 側身飛魚 Cè Shēn Fēi Yú - Side Flying Fish
4. 飛魚跳 fēi Yú Tiào - Flying Fish Jump
5. 鯉魚翻身 Lǐ Yú Fān Shēn - Carp Fish Jump
6. 手走路 Shǒu Zǒu Lù - Hand Walking
7. 倒豎蔥 Dǎo Shù Cōng - Head Stand

All the Exercises and English and Chinese names are created by Michael Tse © Michael Tse

Tse Qigong Centre
www.tseqigongcentre.com