

CHENJIAGOU TAIJIQUAN

BASICS

Reverse Breathing 18-Set Qigong Exercises Daoyin Tuna Shi-Ba Gong Fa

English

Chinese Pinyin

Part A

1. Wuji Standing Pole exercise

Wuji Hun Yuan Zhuang Gong

Part B: Taiji Moving Exercises

Taiji Dong Gong

1. Supporting the Sky exercise
2. Downward pressing palms exercise
3. Grasping Qi exercise
4. Spread Wings exercise
5. Embrace the ball exercise
6. Opening and closing exercise
7. Turning the waist exercise
8. Beginning and Ending exercise

Tuo Tian Gong

Xia An Gong

Zua Yang Gong

Zhan Chi Gong

Bao Jiu Gong

Kai He Gong

Zhuan Yao Gong

Qi Shou Gong

Part C: Silk Reeling Exercise

Chan Si Gong

1. Single Arm Silk Reeling (L & R)
2. Cross Arm Silk Reeling
3. Neutralizing Silk Reeling
4. Opening and Closing Silk Reeling
5. Diagonal Silk Reeling
6. Left side Neutralizing Silk Reeling
7. Right side Neutralizing Silk Reeling
8. Right empty stance Vertical Silk Reeling
9. Left empty stance Vertical Silk Reeling

Zuo Yu Dan Shou Chan Si

Jiao Cha Chan Si

Shuang Lu Chan Si

Kai He Chan Si

Kai He Jiao Cha Chan Si

Zuo Lu Chan Si

You Lu Chan Si

You Xu Bu Li Yuan Chan Si

Zuo Xu Bu Li Yuan Chan Si