

# WILD GOOSE Qi GONG



## Warm Up Exercises

Before starting any exercise, please remember you are responsible for your own health and wellbeing. You will be shown all exercises safely. Work within your own limits and do not attempt to push the body into pain. Consult your instructor or your doctor for guidance if you are unsure that some movements are unsafe for you to do.

Working from head to waist first, then out to the limbs. You can use these exercises to open up the joints for a smoother Qi flow. Warm up either as a stand-alone session or in shortened form prior to your Wild goose practice.

1. **ROLL NECK** gently looking up-down-to sides as you circle your head. Move shoulders with head if you are stiff or have any neck problems. 3 times each way, left and right.
2. **ROLL SHOULDERS** backwards with arms relaxed. Let the waist do a figure of 8 at the same time. 12 rotations each side.
3. **ROLL ELBOWS**. Hold fingertips under collarbone and roll elbows forward one at a time with shoulders relaxed. 3-6 times each.
4. **ROTATE WHOLE ARM** (standing with parallel feet ) backwards in a big circle, twisting body gently with the movement and rising the heel with the arm. Switch from right to left and repeat 8-12 times each side. Change to do it forward-repeat same amount.
5. **SPIRAL ARMS** with shoulders relaxed. Scoop hands upwards in front of you, then rotate the fingers and wrist to point the palms out the way and then back up to the inside in a continuing circle. 8-12 times.
6. **SWING ARMS** up and down like you are skiing. Stand up straight (in-breath) when swinging arms up and bend knees and swing arms behind you ( outbreath ). 8-12 times.
7. **SWING ARMS** to sides with a bouncing action (keep feet grounded). 8-12 times.
8. **TWIST SPINE**. Stand upright with knees and waist relaxed, feet parallel with shoulders. Rotate your spine by looking over your shoulder from side to side focusing on the same point behind you. Let the arms be relaxed slapping gently against your belly/back. 12 times each way.
9. **BEND SPINE**. Feet parallel to shoulders, legs straight and with HEGU resting against kidneys, bend forward to look through your legs. As you bring your head back up, relax your knees and curl up and backwards, changing your hands to rest the palms against your kidneys. Look to the sky as you bend back.

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10. **SIDE STRETCH.** Move feet to slightly wider than shoulder width. Make a great circle by holding qi palm up at pubic bone and qi down by holding other hand at level of top of head (baihui). Stretch to the side, relaxing the knee you are stretching towards and keep the other straight. Switch from side to side 4 times.
11. **ROTATE WAIST** in a circle 8 times each way.
12. **ROTATE KNEE** with heel off the ground and ball of foot planted down. Make a circle with your toes from big toe to little toe 6 times, then reverse. Repeat on opposite side.

## **FINISH**

Feet shoulder width apart. Start bouncing vigorously on your heels. At the same time start circling your hands up to the sides, then collect and bring the Qi of heaven down in front of you towards the belly and continue the flow by pointing fingers down to your feet. Keep this circling movement flowing up to 7 times and on the last one, stop bouncing, circle your hands around and back to the belly and stay there for 7 breaths. Relax arms to side.

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