

Clipboard on: White Crane Qi Gong (first level)

Teached by M. Zhao Min Hua on November 2003

Time requested for execution about 30 minutes.

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WARNING: this document is a very small resumé of the sequence. It is totally useless if you have not followed the seminar, because are totally missing important explanations about posture, physical and mental attitude, indispensable for a correct execution and to benefit from these exercises.

This know-how can be efficiently transmitted only by a teacher in flesh and blood.

The use of this document is thus suggested only to who followed this seminar (or an equivalent one) as a trace for sequence execution.

If you are interested in Qi Gong (pronounce chee gong) practice please address to a qualified teacher.

In other words don't try to practice what is explained below without a qualified teacher.

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Warm Up

(repeat every exercise for 9 times (5 + 4) then go to next one):

- Turn head left-right (as to say no)
- Half head rotation (half turn front) one side and the other one
- Full head rotation on one side and the other one
- Alternatively rotate shoulders (bear walk)
- Walk on clouds: move hands left and right and move weight between legs, rise heel of the weightless leg. Hands 'draw' an horizontal eight while always remaining parallel one each other at an horizontal distance (one each other) of shoulders.

Stake/Tree position

5 minutes long: imagine to hold a baloon with hands, hands in front of the body.

Crane

Do in a sequence (only once) steps 1 to 7, then repeat sequence for other 2 times (at end you will have executed sequence for 3 times).

Crane ...

1. ... **washes head**: move hands along head without touching it, starting from face then down until skull base, put the palm center (chinese points in hands, where qi can go out) in correspondence with skull base chinese points.
2. ... **cleans-up nozzle**: bring hands in front of mouth as to wipe nozzle.
3. ... **eats**: stoop forward, open hands/arms and bring to mouth.
4. ... **dresses**: rise hands as to slip a tunic.
5. ... **flies**: a wings beating.
6. ... **flies**: a wings beating.
7. ... **flies**: a wings beating.

Stake/Tree position

5 minutes long. As the previous Stake/Tree position.

Wake up

- **Washes face** without water: massage face. Repeat for 9 times.
- **Combs**: use fingers as a comb. Start from front and end at skull base. Repeat for 9 times.
- **Drums**: close ears with the palm and snap middle on index. Repeat for 9 times.
- **Pull ears**: starting from ear external (vestigial structure) slightly pull from top to bottom letting fingers flow (ear massage). Repeat for 9 times.
- **Push on eyes** (then release) with hands palm. Repeat for 9 times.
- **Close eyelids** then open. Repeat for 9 times.
- **Clean Teeth**: use tongue as a brush and move it between teeth gums and lips.

Repeat for 5 times in one direction and 4 times in the other one.

- **Massage C7** (cervical vertebrae). Repeat for 5 times in one direction and 4 in the other direction.
- **Punch on arm**, gently, making a massage. Start from wrist, arrive to neck then change hand and massage the other arm starting from neck and down to wrist. Repeat for 3 times for each arm then repeat for other 3 times.
- **Punch legs**, gently, making a massage. Use both hands at the same time. Start from ankle then move up to thigh. then move to other thigh down to ankle of the other leg. Repeat for 3 times per leg then repeat again for other 3 times.
- **Beat heels** gently: stand on tip of feet (just rise a bit heels from ground) and leave heels down; always keep the correct standing position, never 'swing' in any direction. Repeat for 9 times.