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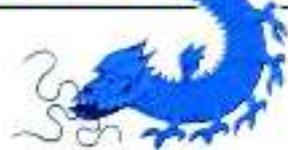
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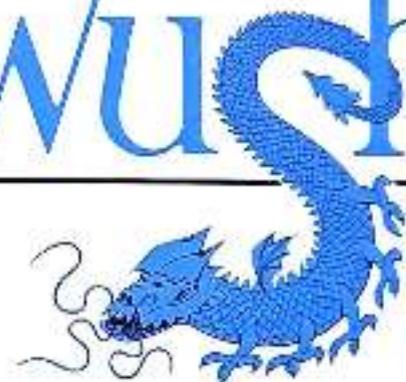
INTRODUCTION BY
DAME MARGOT FONTEYN



Wushu!



Wu chu!



THE CHINESE WAY TO FAMILY HEALTH AND FITNESS

INTRODUCTION BY
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SEALIX AND SCHUSTER

Material selected and translated by
TIMOTHY TUNG



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INTRODUCTION

The traditional practice of Wushu is as old as Chinese culture itself, dating from the earliest Neolithic communities that first used tools and weapons to hunt for food and defend themselves. The word literally means "martial art" and, as weapons became more sophisticated, so the forms of Wushu became more varied and complex and the techniques more refined. Chiaoti, a form of wrestling that was popular amongst soldiers, and kauchiao, an ancient dance performed with an axe and a shield, are both thought to represent stages of the early development of Wushu.

This curious mixture of a "martial art", that has become in some measure a sport and a philosophical exercise, was developed from primitive times by working people, but, as the class structure emerged within Chinese society, it was adapted by the ruling classes. They perpetuated the mythical ideas surrounding the art, claiming that anyone who had mastered Wushu was invincible in the face of physical attack. And in an attempt to protect their power, the rulers began to shroud Wushu in religious mysticism and feudal superstition, actively discouraging participation.

It was only with the founding of the People's Republic in 1949, and Chairman Mao's order to "promote physical culture and sports and build up the people's health", that every encouragement

was suddenly given by the government to all aspects of Wushu - it was believed that people could play a far greater role in the construction of the new socialist state if they improved their health. Thus Wushu became the base from which to strive for intellectual, mental and physical development. And, in finding a new purpose, it acquired a sense of joy that it previously lacked.

Everywhere in China today, at dawn and dusk outside schools and factories, hospitals and shops, government offices and peasant dwellings, small children, their parents and grandparents can all be seen practising these many various forms of choreographed exercises. They are taught in schools and there are centres in every town and city, with volunteers giving free coaching to neighbourhood groups. Specialists in the art have developed new styles and techniques which are displayed at exhibitions and competitions.

Wushu, as it is now, includes a vast range of exercises that can be executed with weapons or bare-handed, with or without a partner, and they cater for all age groups. Traditionally there are two schools - the external and the internal. The external forms are sometimes hard and vigorous, involving much leaping, kicking and somersaulting. The internal school emphasizes soft, graceful, fluid movements that are similar to dancing,



Animal Play 2,000 years ago
Animal play dates from the Han and Three Kingdoms periods when the first known physician in Chinese history, Huafo (147-203), devised wujinzi to encourage physical fitness

and improve health. Wujinzi itself was based on even more ancient methods which mirrored the movements of animals and birds.

The earliest illustration of animal play were awarded a few years ago

in a general's tomb dating from the Han Dynasty (about 200 BC). The drawings of men and women exercising in animal postures are so well done. Forty-four figures are depicted in different postures.

The internal exercises include the classic twenty-four movements in the beautifully fluid taijiquan, of which the form that treats opposing forces is somewhat akin to the isometrics that are already so popular in the West. These forms are for the elderly. In contrast, the external exercises include exercises for the new-born baby and playground exercises for school children in cities as well as those designed for country children, farmers' exercises that include charming imitations of back-breaking peasant activities like clearing up scattered grain and pounding rice with a pestle. Then there are the exercises for office workers to perform in the equivalent of our coffee break and, finally, among the external exercises, are the popular movements in imitation of animals such as the bear, tiger, monkey and crane.

The internal exercises are closer in spirit to the martial origins of Wushu, but are, in fact, gentle forms of shadow boxing and swordplay with the emphasis on fluidity. Lastly there are exercises to prevent disease and these call for the close co-ordination of movement and breathing. They stress relaxation, tranquillity and naturalness, and they promote strength and grace in harmony.

For centuries the Chinese have had a great understanding of the mind-body relationships. To those of us in the West who are encountering the

ancient wisdom of the Chinese for the first time, Wushu is among the most exciting discoveries providing, if we wish, a fascinating exercise and fitness programme for the whole family - one that subtly engages the mind and spirit in choreographic patterns of great beauty, in the swift movements of a hunter, the sophisticated co-ordinations of an athlete, the delicate balances of a gymnast, the ritual movements of a seemingly ancient and forgotten religion.

Although I was brought up in China between the ages of nine and fourteen and have throughout my life retained a deep love of the country and her people, it was not until I was older that I understood the special cultural significance of Wushu which, of course, I was aware of every day of my childhood in China. It is, in fact, the heritage of a unique people whose civilization was already far advanced when ours was as young as a hambo shoot, and I, for one, deeply appreciate the opportunity this book gives to master some intricacies of a movement technique that is at once classical and modern, simple and profound, absorbing and satisfying.



Many of the drawings have broken lines and only a few captions are legible. Researchers, however, have been able to decipher the meaning of some of them. Breathing exercises can be identified in fig 1, fig 3 and

11 are tiger poses and fig 4 is a monkey pose. Figs 6, 7, 13 and 16 are definitely the movements of a bird. Fig 12 is a bear pose and fig 8 is possibly a deer pose. The only Chinese also seemed to

exercise with props, as can be seen from the woman body twisting in fig 10. Figs 2, 5, 9 and 14 are graceful movements that show that physical exercise had already assumed aesthetic form in ancient times.

EXTERNAL FORMS OF EXERCISE

PRINCIPLES

The external forms of exercise are vigorous and forceful and three of the most popular with the Chinese are included here: silk exercises or *baduanjin*, which literally means eight section *baduan*; farmer exercises or *yinjing*, which literally means muscles and bones change method; and animal play or *wujia*, which literally means five animal play. The other forms included in this section are simplified forms developed from traditional *Wushu*.

Silk exercises, so-called because for centuries working people have compared them to the qualities of silk threads, call for certain essentials, as do farmer exercises and animal play. One must be firm yet supple, and this can be achieved by relaxing muscles and nerves and then lightly tightening them when moving. This basic principle has been common to all Chinese physical exercises since the beginning of time and adherence to it relieves mental and physical fatigue.

Concentration on the lower abdomen is also important. The Chinese call this area the dantian and they compare it to a big cauldron that stores energy (*qi*), which can then be generated to the limbs. Concentration on this area greatly helps relaxation of body and mind and promotes blood circulation. It also brings abdominal breathing and shifts the center of gravity in the lower part of the body which helps to steady the balance. Breathing should be normal and even throughout all these

exercises and you should gradually progress to practicing abdominal breathing.

Farmer exercises, so-called because they originated from the movements of the peasants working in the fields, can be best explained by their Chinese name *yinjing*. *Yi* means change, *jin* Chinese name *yinjing*, *Yi* means change, *jin* means muscles and bones and *jing* means method. Together they therefore form a physical fitness program that strengthens muscles and bones. Great emphasis is put on abdominal breathing in these exercises and two different ways of doing it are explained.

Animal play exercises are so-called because the form and posture of these exercises developed from observing the movements of tiger, deer, monkey, bear and crane. It therefore involves mimicking closely each animal not only in its movement but also in its expression.

Be fierce when practicing tiger play and move in a dignified manner with piercing and shining eyes. When doing deer play imitate the relaxed manner of a deer in postures such as looking up and stretching the neck. Mimic the agility and nimbleness of a monkey in monkey play as well as its capriciousness in such activities as leaping, climbing and picking and offering fruits. When practicing bear play move in a firm and steady manner, but remember that the heaviness of a bear merely belies its swiftness. When practicing crane play try and imitate the arrangement of this bird.

The Chinese term for silk exercises is *baduanjin*, which literally means eight-section brocade. The four sets of exercises introduced here, each divided into eight movements, are more or less the same in principle but differ in degree of complexity. The first three sets are done in a standing position while the fourth and last is done sitting down.

To help with explanation, each movement of the first three sets is given a simple descriptive term:

Hands holding up the sky This movement relaxes the muscles and stretches the arms, legs and torso. Accompanied by deep breathing it affects the chest, abdomen and pelvis. It also helps to correct poor posture and keeps the shoulders and back straight.

Archery This movement concentrates on the chest area, but also affects shoulder and arm muscles. It helps blood circulation.

Single arm lift Stretching arms, one up, the other down, affects the liver, gall bladder, spleen

and stomach and strengthens the digestive system. **Looking backward** This movement involves turning the head, rolling the eyeballs and looking back as far as possible. It strengthens the neck muscles and also revitalizes the nervous system.

Head shaking and buttock swaying This movement involves using the whole body and is excellent relaxation.

Holding the toes This movement is especially good for the kidneys and waist. Bending forward and back stretches and strengthens the muscles in the waist and back, which in turn makes the kidney and internal system firmer.

Fist play with eyes glaring The emphasis here is on glaring eyes. Exercise with an angered expression is peculiarly Chinese and combined with the thrusting limbs concentration. This movement builds up energy and strength.

Heel lifting As a conclusion heel lifting accompanied by deep breathing helps to relax the body.

THE FIRST SET

HANDS HOLDING UP THE SKY

Preparation Stand in attention, look straight ahead and breathe through nose. Relax all joints and posture for a few moments to gain concentration.



1. Stand in attention, feet heels over head, fingers interlocked, two palms over and stretch up as though holding up the sky. At the same time lift heels off ground.
2. Lower arms and heels and return to preparative position.

Repeat exercise many times. Breathe in when doing step 1; breathe out when doing step 2.

2. Return to preparative position.
3. Repeat step 1, but in opposite direction.

4. Return to preparative position. Repeat exercise many times. Breathe in when doing steps 1 and 3; breathe out when doing steps 2 and 4.

ARCHERY

Preparation Stand in attention.
1. Step to left and head knee is raised in horse-riding position. Crane arm in front of chest, right arm raised, left arm raised. The two thumb and forefinger of left hand extended and other three fingers curled, stretch left arm out to left, eye following. At same time stretch right hand and stretch to right as though pulling a bow.



THE SINGLE ARM LIFT

Preparation Stand straight, feet shoulder width apart, arms by side.
1. Raise right arm over head, palm up, fingers together and pointing to



2 Raise the front left hand
 3 palm down, fingers together
 4 pointing straight ahead.
 5 Return to preparatory position.
 6 Repeat step 6, but with left arm
 over head.
 7 Return to preparatory position.
 Repeat exercise many times. Breathe
 in when doing steps 1 and 3; breathe
 out when doing steps 2 and 4.

LOOKING BACKWARD
Preparation Stand in attention,
 palms tightly touching thighs.
 1 Turn head to left slowly,
 following movement with eyes and
 looking back.
 2 Return to preparatory position.



3 Turn head to right slowly,
 following movement with eyes and
 looking back.
 4 Return to preparatory position.
 Repeat exercise many times. Breathe
 in when doing steps 1 and 3; breathe
 out when doing steps 2 and 4.

SILK EXERCISES

**HEAD SWAYING AND
 BUTTOCK SWAYING**
Preparation Stand in attention
 in horse-riding position with legs
 wide apart, knees bent to height,
 hands pointing outward.



1 Bend forward from waist and
 swing body toward left; at same time
 swing buttocks toward right.
 2 Return to preparatory position.
 3 Repeat step 1, but in opposite
 direction.
 4 Return to preparatory position.
 Repeat exercise many times. Breathe
 in when doing steps 1 and 3; breathe
 out when doing steps 2 and 4.

HOLDING THE TOES
Preparation Stand in attention.
 1 Keeping knees straight and head
 slightly raised, bend forward slowly
 and hold toes, or callus for those
 who cannot reach toe.



2 Return to preparatory position.
 3 With hands holding waist, bend
 head steady.
 4 Return to preparatory position.
 Repeat exercise many times,
 breathing normally.

**FIST PLAY WITH
 EYES GLARING**

Preparation Stand with legs
 wide apart, feet at waist and palms
 up. Head does to exercise a horse-
 riding position.
 1 Hold waist down and glaring eyes
 following movement, stretch right
 fist slowly to right.



2 Return to preparatory position.
 3 Repeat step 1, but to left.
 4 Return to preparatory position.
 Repeat exercise many times. Breathe
 out when doing steps 1 and 3;
 breathe in when doing steps 2 and 4.

HEEL LIFTING

Preparation Stand in attention,
 with palms tightly touching thighs
 and knees straight.
 1 Hold front legs and lift heels
 about 2 in. (5 cent) off ground.



2 Lower heels to ground.
 Repeat exercise many times. Breathe
 in when doing step 1 and breathe out
 when doing step 2.

SILK EXERCISES

THE SECOND SET

HANDS HOLDING UP THE SKY

Preparation Stand in attention.



1 Raise whole body, look straight
 ahead, breathe normally and
 concentrate on lower abdomen.



2 Keep arms straight, turn palms
 up and bend head back, keeping eyes
 in back of hands; at the same time
 keep legs tightly together, lift heels,
 stretch body and breathe in.



3 Hold arms out to side, slowly
 raise them above head and interlock
 fingers.



4 Turn palms over and raise arms;
 at same time lower heels, but do not
 touch ground, and breathe out.
 5-8 Repeat steps 2-4 twice.
 9 Repeat step 2.
 10 Return to preparatory position
 and lower arms and heels.
 Repeat exercise several times.

ARCHERY



Preparation Stand in left and
 bend knees to assume a horse-riding
 position. Keep upper body straight
 and thighs parallel to ground. Bend
 arms into body at shoulder level,
 extend middle finger and forefinger
 on left hand, and thumb and middle
 finger on right hand and clench all
 other fingers.



1 Push left hand to left and pull
 right elbow to right; keep eyes on
 left hand and right elbow-heel with
 shoulder. 2) raise nose expand chest,
 breathe in and assume position of
 an archer.



3 Repeat step 1, but in opposite
 direction.
 4 Repeat step 2.
 5-7 Repeat steps 1-3.
 8 Return to preparatory position.
 Repeat exercise several times.

SILK EXERCISES

THE SINGLE ARM LIFT



Preparation Stand in attention, bring hands together in front of chest, palms down, finger tips touching.



1 Raise right hand above head, palm up, fingers pointing to the right, at same time press right hand down, palm fingers straight ahead and breathe in.
2 Bend both arms and back of left hand touches top of head and right hand reaches to eye and breathe out deeply.



3 Repeat step 1, but raise right hand and press left hand down.
4 Repeat step 2, but change hand side.
5-7 Repeat steps 1-3.
8 Return to preparatory position. Repeat exercise several times. Beginners should count each step as one step. After some practice, the exercises can be speeded up by counting one beat for two steps; raise arm and lower in preparatory position.

LOOKING BACKWARD

Preparation Stand in attention, chest out, stomach in, palms slightly touching thighs.



1 Without moving upper body, turn head slowly to left and look back; at same time breathe in. Turn head to front and breathe out.



2 Repeat step 1, but in opposite direction.
3-6 Repeat steps 1-2 twice.
7 Repeat step 1.
8 Return to preparatory position.



Repeat exercise many times. A variation on this exercise involves turning upper body with head and keeping eyes on back of heels.

SILK EXERCISES

HEAD SHAKING AND BUTTOCK SWAYING



Preparation Step to left and lead hand to assume a horse-riding position. Place hands on thighs, thumbs at outside.



1-2 Bend upper body to left, swing head down and buttocks up to right twice; keep left arm bent and right arm straight.



3-4 Turn head and upper body from left to back and to right.
5-6 Repeat steps 1-2, but in opposite direction.



7 Turn head and upper body from right to front and to left.
8 Stand in attention. This exercise should be done in a continuous flow and three sets are fit to repeat it three times.



HOLDING THE TOES

Preparation Stand in attention, with knees straight and legs together.



1 Draw hands behind back and bend upper body back.



2 Bend upper body forward, avoiding hands, lift one hand and touch feet.
3 Bend down as far as possible and try to hold toes.
4 Repeat step 1.
5-7 Repeat step 2 three times.
8 Return to preparatory position. Repeat exercise several times.

FIST PLAY WITH EYES GLARING



Preparation Leap to part legs and bend knees to assume horse-riding position. Clench fists at waist, palm up, eyes glaring.



1 Thrust left fist forward with force, palm down.



2 Draw left fist back and thrust right fist forward with force, palm down.
3 Draw right fist back and thrust left fist forward with force, palm down.
4 Repeat step 2.
5 Draw right fist back and thrust left fist to left, palm down.



SILK EXERCISES

1. Turn left for back and front
2. Sit to right, palm down
3. Repeat step 2.
4. Drop hands and stand in
attention.
Repeat exercise every three
minutes and early in week by
turning right, left to left, and left
to right.



through bending, rising, stretch right
and behind body and closed fist in
through holding a stick. At same
time, left and right legs in need
attention.

as possible and breathe in deeply.
1. Lower body gradually, but do not
touch the ground, and breathe out.
2-4 Repeat steps 1-2 three
times.
5 Repeat step 1.
6 Lower body to ground and return
to preparatory position.
Repeat exercise several times. Also
stand erect for a few minutes in
this pose.



2. **Galloping Head Down:** in
crouching knee riding position, lean
forward, stretch arms out in front,
at same time lift and raise head in
rapid succession and stretch whole
body as though galloping at full
speed.

TWO VARIATIONS FOR ADVANCED STUDENTS

1. **Trotting Head Down:** to create
knee-riding position, bring left
hand to chest level and stretch fist in

HEEL LIFTING



Preparation: Stand in attention,
toes behind heel, chest out, knees
straight and legs together.
1. Bend knees high, lift heels as high

THE THIRD SET

HANDS HOLDING UP THE SKY



Preparation: Stand in attention.

1. Step in left and bend knees to
create a knee-riding position, arms
hanging at side. Look straight ahead.

2. Lift hands to side of head as in
lead, palms down, fingers straight.

SILK EXERCISES



3. Bring hands down to chest level
and toes fingers straight in this
pose; feet each other with a 4-5 in
(10-12 cm) space in between. Then
two palms meet with finger tips of
hands touching, head forward and
pull about back; if hands on
ground with force.



6. Open fists, palms down, toes
point out and push up with force.
pull arms from inside, follow finger
tip, and rise.



4. Turn arms so that palms face
forward, stretch fists and keeping
arms straight, pull up body as
though lifting a heavy object.



7. Drop arms but remain in knee-
riding position.
8. Return to preparatory position.



5. Bend arms and lift fists up to
chest level.

ARCHERY



Preparation: Step in left and
bend knees in knee-riding
position. Close fists and hold left
eye at eye level and right eye to
left shoulder, keep eyes on left fist.



1. Stretch left arm in left and pull
right elbow in right until both fists
are at shoulder level; turn head to
look at left fist and toes at right.



2. Repeat preparatory position, but
in opposite direction.



3. Repeat step 1, but in opposite
direction.

4. Return to preparatory position.
5-8 Repeat steps 1-4.

SILK EXERCISES

THE SINGLE ARM LIFT



Preparation: Stand feet in square horse-riding position, arms hanging at side and hands resting on knees. Look straight ahead.



1 Turn legs to right and straighten left leg. Hold left leg up at eye level and right leg at waist, keeping feet on left leg.



2 Bend forward and withdraw the throat left. Push down to reach right leg and keep right hand at waist, palm up, close to left hand.



3 Turn to left and, keeping right leg straight, bend left knee and left arm bent, raised just as the right hand is raised and eyes.



4 Push up with left hand, push up, press down with right hand, palm down. Keep eyes on left hand.



5 Repeat step 1, but in opposite direction.



6 Repeat step 2, but in opposite direction.



7 Repeat step 3, but in opposite direction.



8 Repeat step 4, but in opposite direction.

SILK EXERCISES

LOOKING BACKWARD



Preparation: Stand feet in square horse-riding position, hold right fist at chest level and left fist at stomach level, with knees just above to waist.



1 Turn left and, keeping right leg straight, bend left knee. At same time withdraw feet and push up with right arm and down with left arm, eyes looking backward.



2 Turn right, return to preparation position but reverse position of feet.



3 Repeat step 1, but in opposite direction.



4 Repeat step 2, but in opposite direction.

5-8 Repeat steps 1-4

HEAD SHAKING AND BUTTOCK SWAYING



Preparation: Stand with feet apart, hands by waist, palms up, eyes looking straight ahead.



1 Bend forward without curving back and push arms; turn head to left and outside to right.

2 Return to preparation position.



3 Repeat step 1, but turn head to right and buttocks to left.



4 Return to preparation position.
5-8 Repeat steps 1-4.

HOLDING TOES

Preparation Stand in a relaxed posture.



1. Bending legs slightly, lift left leg and hold toe with both hands and straighten.
2. Repeat in opposite position.
3. Lift right leg and hold toe with both hands.
4. Repeat in opposite position.
5. Repeat every day.

SILK EXERCISES

FIST PLAY WITH EYES GLARING

Preparation Stand in a relaxed posture.



1. Step to left and knee down to assume a kneeling position. With eyes glaring left fist is up, right fist is down.
2. Repeat in opposite position.
3. Repeat in opposite position.
4. Repeat in opposite position.

HEEL LIFTING

Preparation Stand in a relaxed posture. Step to left and heel down to assume a kneeling position. Heel can be lifted, pulled up and foot might stand.



1. Lift both heels and head forward with eyes glaring straight out in front. Do not touch back, neck, waist and feet.
2. Repeat in opposite position.
3. Repeat every day.

SILK EXERCISES

and spread shoulders in either one or both directions. Neck muscles should also be relaxed and more work movement of waist.

Physical effects Such movements of waist, head and neck have positive effects on muscles of upper body. They also activate internal organs and help blood circulation.

HOLDING UP THE SKY



1. Turn both feet over head with fingers interlocked, feet points over and back up with fingers, extend arms and straighten elbows, with arms extended over shoulder points in. It was two months in.



2. Relax, bringing hands down to level top of head, and breathe out. Repeat exercise every time.

Physical effects Strengthens muscles in arms and prevents hemorrhoids.

REACHING FOR TOES

1. Bend knees and raised legs, keeping knees straight and together.
2. Bend forward as far as possible.



and back feet. Keep back straight and arms stretched, and try and get forehead down as close as possible to knees.



2. Breathe back quickly and repeat up and down movement of arms and torso many times.

Physical effects Strengthens kidneys and muscles in waist, back and legs.

WHEELING THE ARMS



1. Remain seated with legs stretched, extend feet and move them into both and out again in a wheel-like manner. Repeat in opposite direction.



2. Repeat wheel-like manner, but alternate forward and backward movement with alternate arms. Keep feet and shoulders in position with movement of arms.

Physical effects Prevents shoulder and elbow ailments.

DRAWING THE BOW

1. Breathe in and hold breath, bring hands up in chest area chest



right hand, forefinger and middle finger pointing up to the right, eyes following, and pull left elbow to left with force. Extend chest over and return to half-sitting position.

2. Repeat step 1, but extend left hand and pull right elbow to right. Repeat exercise many times.

Physical effects Strengthens muscles in chest and back, increases lung capacity and improves breathing.

THE FOURTH SET

Do these exercises every day in bed in the morning or before going to sleep at night.



Preparation Sit cross-legged in a relaxed posture. Shoulders relaxed. Head back in front of chest, breathe normally and relax body in four minutes.

HUGGING THE HEAD

1. Hold head behind head, stretch forward. Turn head backward.



Stretch it, feet up, press head forward, stretch out, neck down. Repeat every time.



2. Turn head to left, breathe in; turn head to right, breathe out. Follow directions head is moving with eye.
3. Repeat step 2, but in opposite direction. Repeat exercise many times.

Physical effects Strengthens neck muscles and opens blood circulation in head and neck. Those with high blood pressure may want to omit this exercise.

ROLLING THE HEAD

Rolls all muscles, run hands in hair, and try not to move shoulders and arms.



2. Roll head in left-side position to right a few times, and then the right to left a few times. Repeat.

嬰兒保健操 FIRST-YEAR EXERCISES

These sets of exercises for babies between the ages of two months and one and a half years are greatly helped in their physical and intellectual development if they start a physical program at an early age. To get the best results the following rules must be adhered to:

- 1 Do exercises before feeding time.
- 2 Do exercises in surroundings familiar to baby.

- 3 Make sure that bed or table is of a suitable height.
- 4 A kindly, patient manner must be maintained.
- 5 Carry child constantly with soft simple words and make sure that the guiding movements are gentle.
- 6 Consistency and regularity in exercising ensure the best results.
- 7 Do not exercise for too long (10-20 minutes is about right).

PASSIVE EXERCISES

These exercises are for two- to six-month-old babies. Babies of between two and four months should only be done the first few exercises and the last one. Babies of between five and six months may do all eight exercises.



- 1 Spread baby's arms out to sides and pull up.



- 2 Bring baby's arms in and across chest and gently pull to abdomen.
- 3 Repeat step 1.
- 4 Return to preparation position.
- 5-8 Repeat steps 1-4.

CHEST EXERCISE

Prepare baby for exercise by holding him on bed or table and gently swinging him from side to side and making it a gentle flow.



Preparation Keep baby's arms straight, hold wrists and let his grip your thumb.

- Points to remember**
- When spreading out baby's arms, be firm.
 - When bringing baby's arms in and across chest, be gentle.

STRETCHING ARMS

Preparation Keep baby's arms straight, hold wrists and let his grip your thumb.



- 1 Pull baby's arms straight up, palms facing each other.



- 2 Place baby's arms on bed, and move head.
- 3 Repeat step 1.
- 4 Return to preparation position.
- 5-8 Repeat steps 1-4.

Points to remember

- Be gentle throughout exercise.
- When raising arms, make sure they are dissimilar with each other.

BENDING LEGS



Preparation Hold baby's ankles, keeping legs straight.



- 1 Bend baby's knees.
- 2 Straighten baby's legs.
- 3-8 Repeat steps 1-2 three times.

- Points to remember**
- When bending legs, be firm so that knees bend backwards.
 - Straighten legs gently.

RAISING LEGS



Preparation Hold baby's arms out from his hips gently down with his fingers at his head.

FIRST-YEAR EXERCISES



- 1 Lift baby's legs straight up at a 90-degree angle.
- 2 Return to preparation position.
- 3 Repeat step 1.
- 4 Return to preparation position.
- 5-8 Repeat steps 1-4.

Points to remember

- When raising baby's legs, do not lift ankles up and be gentle.

ROTATING SHOULDERS



Preparation Keep baby's arms straight, hold wrists and let his grip your thumb.

- 1 Rotate baby's arms outward from chest.



- 2 Return to preparation position.
- 3 Rotate baby's arms inward from chest.
- 4 Return to preparation position.
- 5-8 Repeat steps 1-4.

Points to remember

- Rotate arms slowly and gently.
- Do not force baby to exercise.

BENDING BACK



Preparation Place baby on stomach, arms out in front and elbows supporting head; hold baby's ankles.



- 1 Lift baby's feet gently but do not move chest.

FIRST-YEAR EXERCISES
TURNING OVER

Preparation: Position the baby so as to hold him a balance up



1 Return to preparative position.
2 Repeat steps 1-4.
Repeat exercise three, each time in a
direction of right.

Points to remember
• Turn on left baby's legs as right
baby on left
• Attention on angle at waist of the
mother that of right
• If baby cannot be turning easily,
do not do this exercise.

Preparation: Hold baby on end of
table.

1-10 We work at baby's middle
and after at bottom two feet, with
both in forward and under baby's left
hand and shoulder a little.



Points to remember
• Always steady and gentle.
• The mother supports baby's
head, neck and torso.

RELAXING

Finish all exercises by gently
relaxing baby's arms and legs, by
lifting one by one gently or let the
free movement of the movement.
This should bring an increase in
vital and be done once for each



INTER-ACTIVE EXERCISES

These exercises are for the 12 months
month-old babies. Babies of between
10 and 12 months should only
perform the first few exercises and
do not do the last two. Babies of between 10
and 12 months may do all exercises.



Preparation: Baby is sitting on the floor
in front of mother sitting on the floor.

Then each time in clockwise and
anti-clockwise direction.

CHEST EXERCISE



Preparation: Keep baby's arms
straight, hold wrists and let baby
pull up their hands.
1 Repeat baby's arms not to pull
any further up.



2 Pull baby's arms in and then
chest and gently from the chest.
3 Repeat step 1.

FIRST-YEAR EXERCISES

BENDING LEGS

1 Return to preparative position.
2 Repeat steps 1-4.
Repeat exercise three, each time in a
direction of right.

Points to remember
• When grasping on baby's arms,
be firm.
• If the baby's arms are not
straight, do not do this.

STRETCHING ARMS



Preparation: Keep baby's arms
straight, hold wrists and let the
baby pull up.



1 Pull baby's arms straight up,
above baby's head.



2 Place baby's arms on left, hands
above head.
3 Repeat step 1.
4 Return to preparative position.
5 Repeat steps 1-4.
Repeat exercise three, each time in a
direction of right.

Points to remember
• Be gentle throughout exercise.
• When lifting baby's arms, hold
the wrists, not the middle or with apart.



Preparation: Hold baby's ankles,
keeping legs straight.



1 Hold baby's right arm.
2 Return to preparative position.



3 Hold baby's right arm.
4 Return to preparative position.
5-8 Repeat steps 1-4.
Repeat exercise three, each time in a
direction of right.

Points to remember
• Hold baby's arms one at a time
and keep other leg straight.
• Tense abdomen with firm.

SITTING UP

For six- to nine-month-old
babies



Preparation: Lay baby on back
and hold head straight up.



1 Gently pull baby up to sitting
position.
2 Return to preparative position.
3 Repeat step 1.
4 Return to preparative position.
5-8 Repeat steps 1-4.
Repeat exercise three, each time in a
direction of right.

For nine- to twelve-month-
old babies



Preparation: Lay baby on back
and hold head straight up.



1 Pull baby up to sitting position.



2 Pull baby up from sitting position
to standing position.
3 Return baby to sitting position.
4 Return to preparative position.
5-8 Repeat steps 1-4.
Repeat exercise three, each time in a
direction of right.

Points to remember

- Hold baby's upper arm and hand at level of shoulder.
- Let baby hold naturally to form an arch.

BENDING BACK



Preparation Hold baby up and down, one in front and one at opposite side, feet held up.



1. Lift baby's upper arm and hand up and down.
2. Return to preparatory position.



3. Lift baby's upper arm and hand up and down, but do not move shoulders off platform.

4. Return to preparatory position.
5. Repeat steps 1-3.
Repeat exercise three, each time in a corner of room.

Points to remember

- Do not lift baby's legs or upper body too high.
- Movement an angle of 90° or less of arm.
- If baby wants to be swung, hold him as the exercise.

**FIRST-YEAR EXERCISES
BENDING DOWN AND
STANDING UP**



Preparation Hold baby up and down in a corner of room. Put one arm under armpits and other under knee.

1. Lift baby's upper arm and hand to his head forward in back of arm.



2. Return to preparatory position.

3. Repeat steps 1-2 three times.
Repeat exercise three, each time in a corner of room.



4. Return to preparatory position.
5. Repeat steps 1-3.
Repeat exercise three, each time in a corner of room.

Points to remember

- This exercise is meant to enable baby to hold forward and backward as in his own interest.

RISEING AND SQUATTING



Preparation Hold baby up, facing you, and put hands under arms.



1. Lift baby to upright position.
2. Return to preparatory position.
3. Repeat steps 1-2 three times.
Repeat exercise three, each time in a corner of room.

Points to remember

- Do not place baby, but let his natural arm to support and rise up to 90°.
- After baby has learned walking, hold him by wrists.

JUMPING



Preparation Hold baby up, facing you, and put hands under baby's arms.



1. Hold baby under arms and encourage him to jump up and down.



2. Return to preparatory position.
3. Repeat steps 1-2 three times.
Repeat exercise three, each time in a corner of room.

FIRST-YEAR EXERCISES

Points to remember

- Movement must be light and gentle.
- Let baby's feet touch down gently.
- Encourage baby to jump on own initiative and avoid lifting him completely.

RELAXING

Put it off exercises by gently cradling baby's arms and legs and letting him lie on table or bed for a few moments of free movement. This should occur frequently, and need not be done over full sleep.

DOUBLE POLE EXERCISES



Preparation Adults sit on small stools, facing each other, holding

both ends of pole. Child stands between poles, holding onto them.

These exercises are for one- to two-year-old babies. They are simple, safe, easy to learn and fun to do. Use two straight, wood, bamboo or plastic poles on props and make sure that they are thin enough for child's hands to get a grip on. Two adults are required to hold the poles. The preparatory position is identical for each exercise and is therefore explained only once.

ARM SWINGING

Repeat preparatory position.



Adults raise poles backward and forward alternately. Make movement gentle and rhythmic as that child's arms swing automatically with poles. Child's body should be completely relaxed.

STRETCHING

Repeat preparatory position.



1. Adults raise poles one to side as that child's arms are gently stretched and horizontally.

that child's arms are stretched horizontally.
2. Adults lift poles gently so that child's arms are raised over head.



3. Adults lower poles so that child's arms are again stretched and horizontally.
4. Return to preparatory position.

Points to remember

- Do not swing in a gentle and continuous flow.
- Child's arms must be straight and while arm and wrist poles are held out to side at his height so as to raise child throughout.

BENDING SIDEWAYS

Repeat preparatory position.

1. Adults raise poles one to side as that child's arms are stretched horizontally.
2. Adults lift one pole gently up and lower other pole alternately so that child bends upper body first to left then to right, arms hanging with poles.



Points to remember

- Child's upper body should not lean forward, legs should not bend, and avoid of bending should increase.

SQUATTING

Repeat preparatory position.
1. Stand by doing imitating exercise now, then slowly lower body so that child begins work to full squat position.



2. Adults lift poles so that child reaches up and returns to position where arms are extended out to side. Repeat exercise several times.

Points to remember

- When lifting and lowering poles, movements should be gentle and in shape.
- Lower poles as far as possible so that child reaches a full squat and lower together and buttocks below knees.

STEPPING FORWARD AND BACKWARD

Repeat preparatory position.



Adults raise poles slowly forward and backward so that child steps forward and backward.

Points to remember

- Move the feet child steps backward.

FIRST-YEAR EXERCISES

REACHING HIGH

Repeat preparatory position.

1. Adults place one pole at one side of child and bring center up and lift side pole high so that child's side arm is raised high and straight. Lift pole high enough so that child's upper limb can just reach fully stretched.



2. Return to preparatory position and repeat step 1 on opposite side.

Points to remember

- Child must keep legs straight and not bend toward either side.

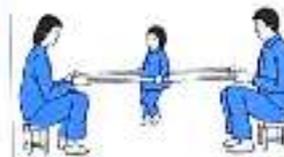
JUMPING

Repeat preparatory position.

1. Adults lift poles and rest them under child's arms.



2. The encouraging words to inspire child to jump up and down as high as possible heart and rate pulse.

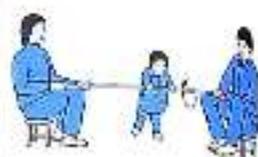


3. After short period of time child should be confident enough to jump up and down without having to lean onto poles.

ROWING

Repeat preparatory position.

1. Adults use only one pole and hold it at ends and push child taking it in middle with both hands.



2. Turn pole round so that child pulls and upper body over work as though rowing a boat.

Points to remember

- Child must not over pull.
- Backward and forward rowing of upper body must be steady so that child is able to balance.

幼儿保健操

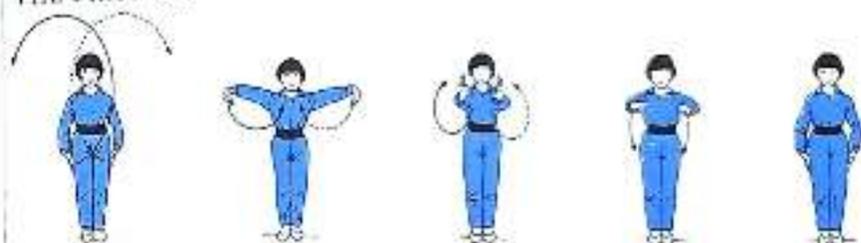
PLAYGROUND EXERCISES

This series of children's exercises was developed from the basic movements of wushu. It is divided into eight sets each consisting of four positions, beginning and ending with preparation position. There are therefore only three main movements in each set. Repeat each set about twice to four times, each time to a count of eight.

The exercises are especially designed for children between the ages of three and six years. The first four sets are for three- and four-year-olds while five-year-olds can proceed to the sixth set and six-year-olds to the eighth set.

It is helpful for someone to count the beats aloud: "one, two, three, four" and so on.

THE FIRST SET



Preparation Stand in attention with arms by side, elbows slightly bent, chest out and stomach in.
1. Raise arms in front of chest, raise them above head and stretch them to side, hands looked down; wrists should be slightly higher than shoulder level.

2. Lower arms and push straight forward from waist level with open hands, palms facing each other; arms should be shoulder-level high and shoulder width apart.

3. Bury hands back to waist and stretch arms, first to side and then to front. Clench fists and bend elbows at shoulder level.
4. Return to preparatory position.
5-8 Repeat steps 1-4.

THE SECOND SET



Preparation Stand in attention with arms by side, elbows slightly bent, chest out and stomach in.
1. With hands at waist step to left and, keeping right leg straight, bend left leg and move body to left.

2. Push forward with open palms, arms at shoulder level.
3. Put weight on right foot and lean body forward right. Draw left foot in, pressing toes to ground; at same time bring arms in at chest level and

press down with clenched fists.
4. Return to preparatory position.
5-8 Repeat steps 1-4, but in opposite direction.

PLAYGROUND EXERCISES

THE THIRD SET



Preparation Stand in attention with arms by side, elbows slightly bent, feet out and stomach in.
 1 Step to left, toe pointing forward. Head back in view, knees-riding forward, chest out, stomach in, and in a crouching

position over arms in front; lift them above head, and toe next to side in a crouch and stomach down to meet with divided line, palms up.
 2 Turn to left and, keeping right leg straight, bend left leg. Throat held far forward with joints down.



3 Turn to right and raise to standing position. At same time lift right arm up and bend left leg left.
 4 Return to preparation position.
 5-8 Repeat steps 1-4 but in opposite direction.

THE FOURTH SET



Preparation Stand in attention with arms by side, elbows slightly bent, feet out and stomach in.
 1 Lift right fist straight up, head left fist at waist, palm up and toe head to left.
 2 Lean to left, follow with right fist, lift right and off ground and

bend both arms slightly. At same time raise left arm, palm up, and lower right arm, pressing down fist (left wrist flat, palm each other in front of chest).
 3 Stretch right leg to right and turn body to left, keeping left leg bent and right leg straight. At same time



draw right hand forward in direction you are facing, keep up above left hand on right side.
 4 Return to preparation position.
 5-8 Repeat steps 1-4 but in opposite direction.

THE FIFTH SET



Preparation Stand in attention with arms by side, elbows slightly bent, feet out and stomach in.
 1 Keeping knees together, squat, at same time stretch arms in front and draw left fist into right palm.

2 Step to left and, keeping right leg straight, bend left leg. At same time spread arms in side with palms up and keep eye on left hand.
 3 Turn to right and, keeping left leg straight, bend right leg. At same



time place left fist on right leg, palm facing out, and lift right arm straight up.
 4 Return to preparation position.
 5-8 Repeat steps 1-4 but in opposite direction.

THE SIXTH SET



Preparation Stand in attention with arms by side, elbows slightly bent, feet out and stomach in.
 1 Stretch right leg to right, turn body to left and with right leg straight, bend left leg. At same time turn a right hand forward (in direction you are facing now) and

keep left hand at waist, palm up.
 2 Turn to right and, with left leg straight, bend right leg. At same time place left hand above right elbow and spread arms in side, palms facing forward.
 3 With right leg still bent bring left foot close to right foot, left hand



off ground, at same time raise right arm, palm up, and stretch left arm toward back, wrist looked up.
 4 Return to preparation position.
 5-8 Repeat steps 1-4, but in opposite direction.

THE SEVENTH SET



Preparation Stand in attention with arms by side, elbows slightly bent, feet out and stomach in.
 1 Step to left, turn body to left and, keeping right leg straight, bend left leg; at same time draw right fist forward (in direction you are facing

now), palm down, and hold left fist at waist, palm up.
 2 Thrust left fist forward and bend right fist to waist.
 3 Put weight on right foot and draw left foot behind with only toe, watching ground; at same time push



right fist down to right and then lift it up in a curve; rest left fist on small of back.
 4 Return to preparation position.
 5-8 Repeat steps 1-4, but in opposite direction.

THE EIGHTH SET



Preparation Stand in attention with arms by side, elbows slightly bent, feet out and stomach in.
 1 Step to left, turn body to left, and keeping right leg straight, bend left leg; at same time raise arms to shoulder level and clap hands.

2 Lower hands to waist and stretch feet, arms up; at same time, keeping legs straight, kick up with right foot.
 3 Lower right foot to same spot and when in position with one leg bent and one leg straight, as in step 1,

at same time thrust fists forward (in direction you are facing now), palms facing each other.
 4 Return to preparation position.
 5-8 Repeat steps 1-4, but in opposite direction.

易筋经 FARMERS' EXERCISES

Known as *Yi Jing*, these are among China's most popular exercises and are supposed to have originated from the movements of peasants working in the fields. Three sets are included here; the first and the last have movements while the second has no. All are simplified versions of ancient originals and are independent of each other. They can therefore be done in any order, and one can practice all or any of the three sets according to one's physical condition.

THE FIRST SET

This set is usually a favorite of people leading sedentary lives. It consists of three sets of six to ten movements each or one may able take the whole set in movement in 30 to 40.

BREATHING WITH CLENCHED FISTS

Preparation Stand with feet shoulder-width apart, arms held out palm down toward thighs. Breathe slowly and clear, feet straight ahead, neck straight, looking forward, and concentrate on area of lower abdomen.



Breathe using abdominal muscles, expanding abdomen when breathing in and tightening stretched firm when breathing out.

BREATHING WITH HANDS PRESSING DOWN

Preparation Stand with feet shoulder-width apart, arms hanging by side, palms facing down and fingers pointing out.



Keeping legs straight, breathe using abdominal muscles and press down with open palms. Expand abdomen when breathing in, stretch arms down when breathing out and at same time bend fingers up as much as possible so as to cause whole body to rise up.

BREATHING WITH PALMS UP

Preparation Stand with feet shoulder-width apart, feet close to side as shoulder level, take in



Breathe in to expand stomach and breathe out, stretching arms out hands out as much as possible through sweeping body sides.

BREATHING WITH PALMS PUSHING OUT

Preparation Stand with feet shoulder-width apart, feet close to



Breathing using abdominal muscles is an important part of *Yi Jing*, and there are two ways of doing this, both of which help to strengthen internal organs. One can either breathe in with abdomen contracted and chest expanded, or breathe in with abdomen expanded and chest pulled in. The second method is more natural, but advanced students may wish to try the first method. Always breathe in slowly and retain air while expanding the abdomen by lowering the diaphragm.

up to side of shoulder level and head upright so that hands are straight with open palms facing out.

Breathe in to expand stomach and breathe out while pushing head with open palms until whole body becomes tense. Bend fingers toward head as much as possible.

BREATHING WITH PALMS TOGETHER AND APART



Preparation Stand with feet shoulder-width apart. Hold palms together with thumbs touching chest and elbows facing out.



Breathe in and slowly move palms away from each other, sliding thumbs along chest. As you breathe out move palms slowly back together. Keep breathing slowly and evenly, but use enough force so as to tense whole body.

FARMERS' EXERCISES

BREATHING WITH ONE ARM UP

Preparation Stand with left hand left leg, keep right leg straight and upper body upright. Raise left hand palm up and keep right hand, palm facing inward, and feet in ground.



Breathe in and push left hand up and pull right arm down, tensing whole body as you do so. Relax as you breathe out.



Repeat movement with right hand up and left hand down.

BREATHING WHILE SQUATTING

Preparation Stand at ease, with feet apart at a distance slightly wider than shoulder width.



Stretch arms out in front, palms up. Turn palms over and squat down slowly until thighs are parallel to ground, keeping upper body straight.



Turn palms up and lift body slowly from squatting position.



Turn palms over, ready to squat again. Repeat exercise many times, breathing in deeply when palms are facing up.

Physical effects When done regularly strengthens kidneys and waist.

BREATHING IN A HALF-SQUATTING POSITION

Preparation Stand at one arm's length from a wall. If this makes knee strain less likely, place hands behind back, with right foot and left hand on left knee.



Physical effects This is a half-squatting posture and thereby acts as a preparatory exercise, especially when breathing in and contracting abdomen as well as possible when breathing out.

Physical effects When done regularly, it helps bring down high blood pressure and strengthens leg muscles.



FARMERS' EXERCISES

BREATHING WHILE BENDING DOWN

Preparation Stand at one arm's length from a wall.



Preparation Stand at one arm's length from a wall, arms hanging down, shoulders relaxed, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.

Physical effects Helps slim waist line in abdomen and relieves backache.

BREATHING WITH A BACKWARD TWIST

Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly.

Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.



Physical effects Relieves backache, helps slim waist line, and relieves backache.



Physical effects Helps slim waist line and relieves backache.

THE SECOND SET

This is a set of exercises designed from the movements of farmers working in the fields. The preparation posture is identical for each exercise and is therefore explained only once.

Preparation Stand at one arm's length from a wall with feet, head straight ahead, breathe normally and concentrate on lower abdomen.

HUSKING GRAIN WITH MORTAR AND PESTLE

Preparation Stand at one arm's length from a wall.



WINDING GRAIN

Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.



FARMERS' EXERCISES

Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.

LIFTING GRAIN ON ONE SHOULDER

Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.



Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.

PUSHING SACKS TO PROP UP GRAIN

Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.



Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.

LEADING AN OX TO PULL GRAIN

Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.



Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.

HAULING GRAIN ON THE BACK

Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.



Preparation Stand at one arm's length from a wall, feet firmly on the floor, facing down. Breathe in and exhale slowly, make a slow, deep breathing in.

Physical effects Strengthens muscles in chest, back and shoulders.

CATCHING GRAIN AT THE BASKET



Left is left, head lower to steady descending posture. Drop upper body slightly, stretch arms out to side, palms facing down, holding up a basket above. Breathe in the posture for a moment and exhale in.



Two palms meet as though putting down a basket above, hands out and stretch posture and legs are straight and feet are together. Repeat exercise many times.

Physical effects: Strengthen muscles in feet, abdomen and also back.

FARMERS' EXERCISES PUTTING UP MATS AROUND GRAIN

Repeat preparation posture. Spread matting mat for matting. Stretch left leg and hold it steady, each one to left with right hand, knee raised. Two upper legs to left, head forward, feet spread to left and straighten up. If two matting mats, one right mat is a shorter mat, as though setting up wall around grain.



Repeat exercise 7-10 times in continuation with breathing. Breathe in when legs are straight and left hand is clear in air, breathe out when bending body and stretching arm. Change hands and repeat exercise.

CATCHING GRAIN EATING INSECTS

Repeat preparation posture. Legs to right and, with left leg straight, head right knee. Head down to right and, lowering head up, reach ground with both hands.



Breath in to go down, in the posture. If two matting mats, straighten arms and lift chest up.

When breathing out, arms and legs are raised about 45 degrees, and in opposite direction.



This exercise is similar to farmer matting for seed matting grain setting mats. It can also be done with hands raised in the instant of reaching ground.

Physical effects: Warms up regularly, increases balancing and enhances equilibrium.

BENDING DOWN TO GATHER GRAIN

Repeat preparation posture.



Head back of head right and to back and the head with legs, a few inches. Head body with knees and hands on, straighten body and stretch. Repeat exercise in series.

Physical effects: Help strengthen muscles in back, at sweeping back of legs, with arm is meant to help the matting.

FARMERS' EXERCISES

BOWING TO SCOOP UP GRAIN

Repeat preparation posture. Breathe with feet apart, head forward, legs lower straight, arms hanging, palms up, with head raised to a level ground with back of hands.

Breathe out and lift heels when bending down, breathe in and lower heels when getting up. Repeat exercise about 20 times.



Finally, spread arms to side and bend one stretch arms across lines.

THE THIRD SET

This set is divided into six sections and is done with stretched legs. The movements used are the same as those with breathing since the emphasis is on concentration, using thought to direct actions. When rigidity is to be avoided, the necks high ones be maintained in support of an particular movement and this is the nature of all postures. They are not as simple as they look and more care must be utilized. Each movement may be repeated up to 30 times, depending on one's physical condition and want.

lightening fingers and twisting whole body as much as possible. Breathe and repeat exercise.

THUMB HOLDING

Stand with feet shoulder width apart, arms by side. Bend thumbs and stretch fingers over thumbs.



In this posture are two feet in lighter feet while twisting whole body. Breathe and repeat exercise.

THUMB LIFTING



Stand in attention. Two feet in front of legs, stretch fingers and pull thumbs at each other. The lower feet to lift thumbs while

In this posture are two feet in lighter feet while twisting whole body as much as possible.

ARMS FORWARD

Stand with feet together, feet pointing forward. Bend thumbs and stretch fingers over thumbs. Breathe arms slowly, elbows straight, feet pointing each other about 45 degrees apart.



ARMS UPWARD
Stand with heels together feet pointing out. Bend thumbs and stretch fingers over thumbs. Breathe arms slowly, elbows straight, feet pointing each other about 45 degrees apart.

COFFEE BREAK EXERCISES

In China, factory and office workers take a break for exercises in much the same way as we in the West, but suffer less. The exercises shown here are popular throughout China, where they are

called production exercises. They are simple, easy to learn and suitable for both young and old. Each should be done in precise motion and it is helpful to count the steps in rhythm as you go along.

HEAD

THE FIRST SET

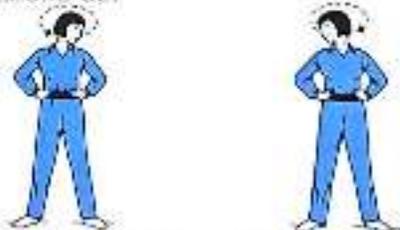


Preparation: Stand straight, feet apart, hands at waist.
1-2 Drop head forward and bring it back up.

3-4 Swing head back and bring it straight back again twice.
5-6 Turn head to left and to front again twice.

7-8 Turn head to right and to front again twice.

THE SECOND SET



1-4 Close eyes and rotate head to left four times.

5-8 Close eyes and rotate head to right four times.
Repeat exercise four times.

Points to remember

- When rotating head, count steps clearly.

Physical effects: Relieves fatigue in neck muscles and is therefore suitable for those who work with their heads bent.

FARMERS' EXERCISES

FISTS CLOSE TO NOSE
Stand with feet together, feet apart, feet facing out. Bend thighs, neck, torso and hands, and stretch arms to left. Then bend forward in easy steps, arms and feet facing out.



In this position, we lower feet to right feet while keeping whole body as much as possible. Relax and repeat exercise.

FISTS UPRIGHT

Stand with feet together, feet apart, feet facing out. Bend thighs, neck, torso and hands, and stretch arms to left. Then bend forward and head, feet upright, palms facing out.



In this position, we lower feet to right feet while keeping whole body as much as possible. Relax and repeat exercise.

FISTS AT NAEL

Stand with feet together, feet apart, feet facing out. Bend thighs, neck, torso and hands, and stretch arms to right.



In this position, we lower feet to right feet while keeping whole body as much as possible. Relax and repeat exercise.

FISTS BY CHEST

Stand with feet together, feet apart, feet facing out. Bend thighs, neck, torso and hands, and stretch arms to side. Then bend forward in easy steps, feet facing out.

In this position, we lower feet to right feet while keeping whole body as much as possible. Relax and repeat exercise.

When you have completed the 11 exercises, stretch deeply twice for three.

FISTS CLOSE TO EARS
Stand with feet together, feet apart, feet facing out. Bend thighs, neck, torso and hands, and stretch arms to side. Then bend forward in easy steps, feet facing out.



In this position, we lower feet to right feet while keeping whole body as much as possible. Relax and repeat exercise.

THE LIFTING

Stand with feet together, feet apart, feet facing out. Bend thighs, neck, torso and hands, and stretch arms to side. Then bend forward in easy steps, feet facing out.



All ten exercises, feet apart, feet together, feet facing out, feet facing in, feet facing out.

COLETT BREAK EXERCISES
ARMS

THE FIRST SET



Preparation Stand in attention.
1. Heel on right, arms straight out
and feet straight out.

2. Bend arms and lift hands
slightly.

3. 4. Repeat steps 1, 2.



5. Bend legs and push feet out
slightly, feet being kept in line.
Stretch arms straight out with hands
of hands being kept.

6. Bend arms and bring hands
back to chest.

7. Stretch arms and legs
8. Repeat steps 1, 2.

THE SECOND SET



1. Arms straight out, arms
and.

2. Bend arms, forward.
3. 4. Repeat steps 1, 2. Repeat steps
Repeat exercise four times.

Points to remember

- When inhaling, feet, one
arm straight out and one leg
possible.
- When exhaling, shoulder
and forward, arms, legs, one
and arm.

Physical effects: Relaxes
neck in arms, which are
and in chest (upper part of
leg) but those who do
work with fingers.

COLETT BREAK EXERCISES

CHEST



Preparation Stand in attention.
1. Step forward with left leg and
shift weight to left foot. Left right
leg of ground and bring hands up
to chest passing at each other,
arms down.
2. Stretch arms out to side and
bend up.

3. Keeping head up and chest out,
arms down, draw and up in chest.
4. Repeat in preparation position.
5. 8. Repeat steps 1, 2, but with
right foot forward.
Repeat exercise four times.

Points to remember

- Push chest out as far as possible.

• When lifting arms up, keep them
straight.

Physical effects: Relaxes chest
muscles, straightens vertebral
column and regulates breathing.
It also eliminates fatigue and is
especially beneficial for those
who have to bend a lot.

LEGS



Preparation Stand straight,
feet in front.

1. Thrust left leg up as high as
possible.
2. Lower left leg.

3. Thrust right leg up as high as
possible.
4. Lower right leg.



5. Lift left leg with knee bent and
foot forward.
6. Lower left leg.
7. Lift right leg with knee bent and
foot forward.
8. Lower right leg.

Repeat exercise four times and then
repeat exercise arms in air.

Points to remember

- When lifting leg, keep
and leg straight.

Physical effects: Increases
blood circulation in lower limbs
and helps relieve fatigue of work-
ers who spend most of their day
sitting down.

COFFEE BREAK EXERCISES

SIDES



Preparation Stand in attention.
1. Feet to left and stretch arms to side, palms down.
2. Stretch right arm high above head, right body to left. The left arm down behind back and left leg bent at 90° and only toe on working ground.

3 Repeat step 1.
4 Return to preparative position.
5-8 Repeat steps 1-4, but in opposite direction.

Points to remember

- When leaning to side, keep head and neck arm straight.

Physical effects Strengthens waist muscles and increases blood circulation. Eliminates aigue of workers who spend a lot of their day sitting down.

BODY TWISTING



Preparation Stand in attention.
1. Stretch arms out to front, palms flat, palms down. 2. Arms over top to left.

3 Repeat step 1.
4 Return to preparative position.
5-8 Repeat steps 1-4, but in opposite direction.

Points to remember

- When twisting body, keep straight and feet still.

Physical effects Strengthens muscles in shoulders and back. Helps relieve fatigue of neck when spend most of their sitting down.

COFFEE BREAK EXERCISES

THE WHOLE BODY



Preparation Stand in attention.
1. Feet arms straight up, palms facing out. Keeping head high and chest out, bend upper body back and return to upright position.
2. Keeping arms straight, bend upper body back again.
3. When straight again, bend forward and touch ground.

4. Bend upper body slightly and bend down again to touch ground.
5. Keeping knees together and feet on ground, place hands on knees and squat.
6. Straighten legs, keep body bent and touch knees.
7-8 Repeat steps 3-6.

Repeat exercise first knees and return to preparative position.

Points to remember

- When bending back, keep arms and legs straight.

Physical effects Increases circulation and relaxes body.

LIMBERING UP



Preparation Stand in attention.
1. Stretch arms out to side, palms down, and left leg back.

2 Return to preparative position and stretch arms in front of body.

3 Stretch arms out to side, palms down, and left right over.
4 Repeat step 1.



5 Stretch arms out to side, palms down, and swing left leg forward.
6 Repeat step 1.
7 Stretch arms out to side, palms down, and swing right leg forward.
8 Repeat step 1.
Repeat exercise twice and return to preparative position.

Points to remember

- All limbs must be completely relaxed.
- Bend at the knees, before and after exercise, and try to relax all of right.

Physical effects Relaxes muscles of whole body, regulates breathing, and therefore enables workers to return to work with renewed energy.

五禽戏 ANIMAL PLAY

A variety of forms of the five animal play exercises described here are the most popular among workers. The following are the two exercises selected from the exercises. Relax the whole body and do the exercises regularly with persistence to the utmost children become gradually accustomed to the exercises first as it necessary. Some these exercises

obtained from the movements of animals, important to improve the motions and movements other animals as you are exercising. Therefore, within one hour of resting.

There are several physical effects that strengthen the body, five play which is mainly play improves circulation of blood, is good for internal organs, and starts to good for lungs and helps circulation.

SIMPLIFIED EXERCISES

Two forms are available, in legions, the above and its upper.

THE TIGER IMAGE



Preparation Stand in attention, feet shoulder-width apart and arms at their sides. Relax the whole body in this position for a few moments.

1. Bend knees slowly and lower body slightly, reach up right leg.



Left left hand to touch right ankle knee and at same time bring feet to waist, palms up, eyes looking forward left.

2. Step forward to left, follow with right foot until distance between feet



Arms is about 10 to 15 cm, no step weight on right leg. At the time reach feet to chest rise up push feet and arms up, palms looking in left direction.



2. Move left hand up to chest and touch left ankle knee with right hand, lower slightly feet in a squatting position. At same



time bring feet to waist, palms up, eyes looking forward right.

4. Repeat step 2, but in opposite direction.

Repeat exercise in left and right every time in a row a few minutes, exercise 10 to 15 of exercise five sets, 10 to 15

ANIMAL PLAY

THE BEAR IMAGE



Preparation Stand naturally with feet shoulder-width apart and arms by side. Breathe deeply three to five times.



1. Bend right knee and swing right shoulder forward and down, arm hanging; at same time pull left shoulder back and lift left arm slightly.



2. Repeat step 1, but in opposite direction. Repeat exercise every times.

THE MONKEY IMAGE



Preparation Stand in attention and relax body in this position for a few moments.

1. Bend knees slowly and step forward with left foot, at same time move left hand up along chest to shoulder level, thrust it forward as though grabbing an object and, with wrist bent, form claw with hand.



2. Step back with left foot and follow with right foot, its heel lifted off ground; at same time move left hand up along chest to shoulder level, thrust it forward as though grabbing an object and, with wrist bent, form claw with hand. Draw right hand back, elbow bent.



3-6 Repeat steps 2-3, but in opposite direction.



4. Step forward with right foot and follow with left foot, its heel lifted off ground; at same time move right hand up along chest to shoulder level, thrust it forward as though grabbing an object and, with wrist bent, form claw with hand. Draw left hand back, elbow bent.



4. Step forward with right foot and at same time move right hand up along chest to shoulder level, thrust it forward as though grabbing an object and, with wrist bent, form claw with hand. Draw left hand back, elbow bent.



ANIMAL PLAY

THE DEER STAMP

Preparation: Stand in attention and with feet in the position for a wide stance.

1. Bend left leg and sink into the ground with the right leg. The weight is on the right leg.

2. Stretch left arm forward, other hand behind through back of waist and sink into the ground.

3. Bend over, knees straight, making one leg only straight. It is like a crane and the center of gravity is high above the center.



center of gravity and sink into the ground with the right leg. The weight is on the right leg.

4. 6. Repeat steps 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Physical effects: Good point for kidneys, circulation, lower back and the strengthening leg muscles.

THE CRANE IMAGE

Preparation: Stand naturally and sink for a few minutes.



1. Sink forward with left foot, sink half a step forward with right foot, feet apart, sink into the ground with feet, spread them out to stretch knees in.



2. Sink half a step forward with right foot, lower arms, spread, sink arms and breathe out.



3. Sink one step forward with feet, sink half a step forward with right foot, sink all ground to the feet, sink knees in, sink spine into the ground and sink.

4. Repeat step 2, but one step forward.

Physical effects: Sink, heart, lungs, kidneys, etc.

ANIMAL PLAY

26 VARIATIONS

Try and do at least one of the exercises before, alternating movement to left and right. Move slowly and keep your feet close. These exercises should be done in a continuous flow. The action caption.

The action leading to the position in the following figure should always be followed carefully.

LEIBERING UP TO GET READY

FIRST MOVEMENT



Preparation: Stand in attention.

1. Place hands against abdomen and relax whole body.

2-3. Move feet sideways with legs at shoulder-width apart. Walk

fingers together and arms to side, low feet slightly in.

4-5. Swing arms backward and forward 30 times; when swinging arms forward, two palms up, left

feet and breathe in, when swinging arms backward, keep head and chest out and press hands down with palms turned over, lower back and breathe out.

SECOND MOVEMENT

Preparation: Stand with feet shoulder-width apart, feet turned slightly in and knees bent.

1. Swing left arm forward, right arm back, palms up, and breathe in.

2. Swing right arm forward, left arm back, palms up, and breathe out. Do exercise 30 times and then repeat with right arm moving up first.



THIRD MOVEMENT

Preparation: Stand with feet shoulder-width apart, feet turned slightly in and knees bent.



1. Bend arms, swing left arm up, palm down, right arm back, palm up, and breathe in.



2. Unbend arms, bend knees and repeat movement with alternate arms. Do exercise 30 times and then repeat with right arm moving up first.

ANIMAL PLAY

INFLATION



The entire body is one circle and is inflated.
1. Arms extended, palms up, and feet together.
2. Feet together, arms out as far as possible.



3. Lift both arms over the head, stretch arms out as far as possible, stretch neck and breathe in deeply.



4. Lower both arms back to standing naturally.

THE FIRST FIVE VARIATIONS

THE TIGER



Preparation Stand naturally.
1. Step forward with left foot, head right over, thrust right arm up and forward with hand cupped like a



tiger's claw, palm down, and thrust left arm behind back, palm up.
2. Stretch arms a few inches in both directions.



3. Push right arm down and up, the forearm and right palm repeat exercise on opposite side.

THE DEER



Preparation Stand naturally.
1. Step forward with left foot and lean back.



2. Lift right hand toward feet, keeping toes on palm, and left hand behind back, palm up, and, keeping chest high, stretch neck.



3. Bring right arm down to right foot forward and repeat exercise on opposite side.

ANIMAL PLAY

THE MONKEY



Preparation Stand naturally.
1. Cross left leg over right leg, two pointing is left, stretch arms out as far as possible, stretch feet and bring



them together at the feet.
2. Turn head to left and repeat. It cross over on each side, keep fingers tips level with forehead and back



eyes at least three times.
3. Cross right leg over left leg and repeat exercise on opposite side.

THE BEAR



Preparation Stand naturally.
1. Step forward with left foot and lean both hands. Keep arms close to body and stretch left hand forward.



palm down, and keep right hand at waist, palm down.
2. Thrust right arm close to body, turn to right.



3. Move right foot forward, stretch right hand forward as far as possible, push left arm down and repeat exercise on opposite side.

THE CRANE



Preparation Stand naturally.
1. Cross left leg over right leg and lean back slightly. Raise and cross arms, palms facing out.



2. Turn left palm in and put right hand behind back, palm up.
3. Breathe and turn body to right, cross right leg over left leg, raise



right arm up and left arm down and repeat exercise on opposite side.

ANIMAL PLAY THE SECOND FIVE VARIATIONS

THE TIGER



Preparation Stand naturally.
1. Cross left leg over right leg, raise right hand and hold it in a circle in front of face, palm down, and raise right hand behind head, palm up.

2. Lower body to left and rest of right foot.
3. Lift head and gaze about for a moment in direction of a tiger searching its prey. Move right hand down, left arm up, and right leg over left leg and squat down.



THE DEER



Preparation Stand naturally.
1. Step forward with left foot, bend right knee, raise right hand and hold it in a circle in front of face, palm down, and raise right hand behind head, palm up.

2. Lower body with right hand behind head, palm up, and right hand in front of face, palm down, and raise right hand behind head, palm up.



THE MONKEY



Preparation Stand naturally.
1. Cross left leg over right leg and raise right hand and hold it in a circle in front of face, palm down, and raise right hand behind head, palm up.

2. Lower body with right hand behind head, palm up, and right hand in front of face, palm down, and raise right hand behind head, palm up.



ANIMAL PLAY

THE BEAR



Preparation Stand naturally.
1. Step forward with left foot, bend right knee, raise right hand and hold it in a circle in front of face, palm down, and raise right hand behind head, palm up.

2. Lower body with right hand behind head, palm up, and right hand in front of face, palm down, and raise right hand behind head, palm up.



3. Bring hands down, step forward with right foot and repeat exercise on opposite side.

THE CRANE



Preparation Stand naturally.
1. Step forward with left foot, bend right knee, raise right hand and hold it in a circle in front of face, palm down, and raise right hand behind head, palm up.

2. Lower body with right hand behind head, palm up, and right hand in front of face, palm down, and raise right hand behind head, palm up.



3. Bring right arm behind head, palm up, and left arm in front of face, palm down, and raise right arm behind head, palm up.

THE THIRD FIVE VARIATIONS

THE TIGER



Preparation Stand naturally.
1. Cross left leg over right leg and raise right hand and hold it in a circle in front of face, palm down, and raise right hand behind head, palm up.

2. Lower body with right hand behind head, palm up, and right hand in front of face, palm down, and raise right hand behind head, palm up.



3. Cross right leg over left leg, lower right hand, bend left elbow, lower left hand down and repeat exercise on opposite side.



ANIMAL PLAY

THE CRANE



Preparation: Stand naturally.
1. Step forward with left leg, heel
of foot on line of ground, as
shown in next picture, with
weight on right and back leg.



2. Raise right arm, hold it
back and out, as in next pic-
ture, and raise left
arm forward.



3. Bring right arm forward and
over left arm and raise right
arm up.

THE MONKEY



Preparation: Stand naturally.
1. Step forward with left leg, heel
of foot on line of ground, and
weight on right and back leg.



2. Raise right arm, leaning left
over it and, upper hand, tilt
right arm and toe of foot
to ground as in next picture.



3. Bring right arm forward and
over left arm, and raise right
arm up.

THE BEAR



Preparation: Stand naturally.
1. Step forward with left leg, heel
of foot on line of ground, and
weight on right and back leg.



2. Raise right arm, stretch right
and left arms at right angle to
each other.
3. Step to left and make similar.



4. Step to right and repeat
as in next picture.

ANIMAL PLAY

THE CRANE



Preparation: Stand naturally.
1. Step forward with left leg, heel
of foot on line of ground, and
weight on right and back leg.
2. Turn right arm forward, bring
over



3. Raise right arm, stretch
right arm, with palm
facing up.
4. Turn right arm forward, palm
facing down, and
right hand tilted off
ground, but weight on left foot.



5. Step arms forward, step forward
with right foot and repeat exercise
on opposite side.

五禽戏

THE FOURTH FIVE VARIATIONS

THE TIGER



Preparation: Stand naturally.
1. Step forward with left leg, heel
of foot on line of ground, and
weight on right and back leg.
2. Turn right arm forward, bring
over



3. Raise right arm, stretch
right arm, with palm
facing up, and left
hand on ground, and
right hand tilted off
ground, but weight on
left foot.



4. Step arms forward, step
forward with right foot
and repeat exercise on
opposite side.

THE DEER



Preparation: Stand naturally.
1. Step forward with left leg, heel
of foot on line of ground, and
weight on right and back leg.
2. Turn right arm forward, bring
over



3. Raise right arm, stretch
right arm, with palm
facing up, and left
hand on ground, and
right hand tilted off
ground, but weight on
left foot.



4. Step arms forward, step
forward with right foot
and repeat exercise on
opposite side.

ANIMAL PLAY

MONKEY



Preparation: Stand naturally.
1. Step forward with left leg, bend right leg and left foot off ground.
2. Lift both hands up, palms up.



3. With both arms, swing up and back in a circle.
4. With both arms, swing up and back in a circle of a monkey making noise.



5. With both arms, swing up and back in a circle.



6. Step forward with left leg, bend right leg and left foot off ground.
7. Lift both hands up, palms up.



8. With both arms, swing up and back in a circle of a monkey making noise.



THE BEAR



Preparation: Stand naturally.
1. Step forward with left leg, bend right leg and left foot off ground.



2. Step to left, the right foot slightly off ground, bend upper body.



3. Step to right and repeat as appropriate.

ANIMAL PLAY

THE CRANE



Preparation: Stand naturally.
1. Step forward with left leg, bend right leg and left foot off ground.
2. Step to right and repeat as appropriate.



3. With both arms, swing up and back in a circle.
4. With both arms, swing up and back in a circle of a crane making noise.



5. With both arms, swing up and back in a circle.
6. With both arms, swing up and back in a circle of a crane making noise.

CONCLUSION



Preparation: Stand naturally and relax as the purpose of this movement is to relax the fingers caused by the previous exercises.



1. Look straight ahead and bend knees to assume a horse-riding posture. Slap wrists and thigh.
2. Raise hands and clap once.



3. Move hands up slowly.
4. Shake wrists and knees.



ADVANCED EXERCISES

Preparation: Stand naturally with feet shoulder-width apart and parallel to each other, feet arms hanging at side.





五禽戏

ANIMAL PLAY
TIGER PLAY

PRYING ABOUT TO THE RIGHT



1. Step forward with left foot and bring the left arm straight, hand and foot, at knee level, forward, and elbow and hand are to elbow and back. Right arm out and pointing down the right side.



2. Turn slowly to the right and as right foot moves forward, pull the right arm and shoulder into line of a tiger's right.

PRYING ABOUT TO THE LEFT



Behind step 1 of Prying about to the right, but in opposite direction. Turn to left and right at waist.

Points to remember

- When you think you are right and wrong, right and wrong, similar to a tiger.
- Hand and leg joints should naturally rise up on a

CLAWING TO THE LEFT



1. Following step 1 of step 3 of Prying about to the left, move arms straight, left palm facing right arm and hand and in the right side left leg.



2. Turn forward and shift weight to right leg, at same time left leg foot, take left hand to eye level and step right arm & side.



3. Step right foot, the foot with left foot and, keeping left foot straight, hand up, the foot in line, then the right leg, then the right arm, forward, then the right leg, right side.

ANIMAL PLAY

CLAWING TO THE RIGHT



Behind step 1 of Clawing to the left, but in opposite direction.



MAULING TO THE LEFT



1. Following step 1 of step 3 of Clawing to the right, pivot on ball of right foot, to knee level and go square, and move go degrees to left, to knee level left foot and side.



2. Feet in front of right foot, keep feet in, abdomen contracted and spine level as left leg.



3. Step right foot and step forward with left foot, keeping right leg straight, knee left leg and at same time about hands forward.

MAULING TO THE RIGHT



Behind step 1 of Clawing to the left, but in opposite direction.



Points to remember

- When Mauling to the right, keep feet and arm and hand square to the right side.
- When Mauling to the right, keep feet and hand forward, knee left leg.

五禽戏

GRAPPLING - FRONT ATTACK



1. Following lines of step 2 of *Maoping* in the right foot is left of right foot, left hand and 45 degrees are kept with left foot and the weight on left leg; at same time stretch right hand forward and bring left hand back to chest, palm down, fingers spread out.



2. Step left forward and backward and, following lines of *maoping*, lean posture. When crouching forward, keep right knee and keep left leg straight. When stepping backward, bend left knee and keep right leg straight, shifting weight backward and forward.



3. Return into a standing posture, step forward first with left foot then with right and at same time from chest into elbow and thrust these joints as they attack.

GRAPPLING - REAR ATTACK



1. Place on balls of both feet, toes 45 degrees to left and place weight on right leg; at same time stretch left hand forward and bring right hand to chest, fingers spread out.



2. Repeat step 2 of *Front Attack*, but when crouching forward bend left knee and keep right leg straight and when stepping backward bend right knee and keep right leg straight.



3. Repeat step 3 of *Front Attack*, step first with right foot and left and then with left.

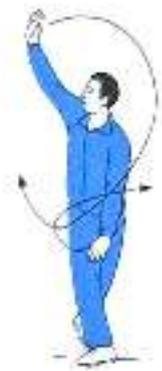
Points to remember

- Concentrate and breathe as you grappling with a foe.
- Coordinate waist, neck and legs.
- Attack with feet, which spread out like fan.

TURNING TO THE RIGHT



1. Following lines of step 3 of *Grasping - rear attack*, shift weight to right foot. Turn left foot about 45 degrees inward and keep both knees straight. Shift weight to left foot and take half a step back with right foot. Bend left ground. At same time turn body to right, bring right hand in front of abdomen and left hand above forehead, palm facing out, and keep eyes firmly on back of head.



2. Turn upper body slowly 90 degrees to right, at same time lift right hand up and bring left hand down toward right in a curve.



3. Bring right hand toward chest, palm down and left hand toward abdomen as though you are holding a ball; at same time squat, stretch right hand out and bend left elbow to bring left hand up to shoulder level, keep eyes on right hand.

TURNING TO THE LEFT



Repeat steps 1-3 of *Turning to the right*, but in opposite direction.



Points to remember

- When turning, coordinate movement of hands and other joints.



- When turning over, do it in rhythm and at a wide angle.

ANIMAL PLAY
DEER PLAY

LOOKING FROM ABOVE TO THE LEFT



1. Inhaling, bend at waist, if looking to the left, arms up and move a full foot and arm with weight on left foot, arms up, the right hand and forearm back (one) across abdomen.



2. Arms arms high, hands about eye, palms facing out, in same line, left hand on right foot and left leg very high.



3. Arms arms high, left, right eye to left eye.
4. Turn body and arms forward, across abdomen, left foot to left of right foot.



LOOKING FROM ABOVE TO THE RIGHT



1. Bend at waist, if looking from above to the right, left arm up and move a shoulder in towards center.



Points to remember

- When leaning, arms and legs are fully extended.
- When standing, arms high, feet steady.
- When sitting, legs straight, feet parallel to ground, knees high and feet steady.



ANIMAL PLAY

TURNING TO THE LEFT



1. The right arm right eye, and left left eye of ground, and right foot to back, and left foot low, with arms leaning forward, and eye to right eye.



2. Feet forward to left and about knee and feet toward left.



3. Forward to left, feet forward and left foot low.



4. Swing left foot back, arm to left and then feet up.

TURNING TO THE RIGHT



1. Bend at waist, if looking to the left, left arm up, forearm across.



Points to remember

- When leaning, arms up, legs up, arms in front and across the side.
- When standing, forward and backward arm up, one foot and then other foot.
- All movements must be light and fluid in motion of the spirit, and weakness of a deer.

ANIMAL PLAY CIRCLE TWISTING TO THE LEFT



1. Following step 1 of step 2 of *Twisting to the Right*, bend both legs and turn both feet inward and out.

2. Shift weight on right foot. Bend left leg and turn it right. Right arm is bent and stamp left foot.

3-4. Lean to left and make one circle counter-clockwise in the air, starting with right foot.



5. Shift weight on right foot, bend both knees and keep eyes on ball of right foot.

6. Head is vertical.



Points to remember

- When turning only, make the step small. Shift weight long but move slightly and turn the torso, body, with each step.
- When leaning to each side, keep feet in line, with the right foot, and make the right leg almost stretched out.
- Eyes should follow moving body, which should be straight and natural throughout exercise.

CIRCLE TWISTING TO THE RIGHT



Repeat steps 1-7 of *Circle Twisting to the Left*, but in opposite direction.

ANIMAL PLAY BEAR PLAY

SWAYING



1. Following steps 1 and 2 of *Circle Twisting to the Right*, lean to left. Moving weight on left foot. Left right and left forward. Head down is touch left foot with left hand and toes with right hand.

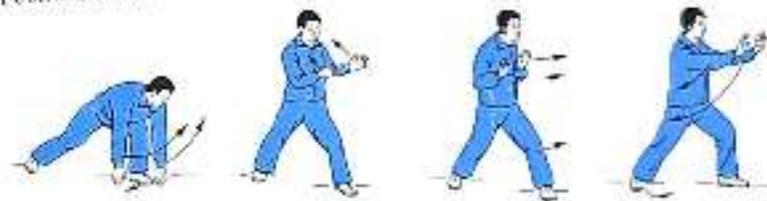
2. Sway body to right and take a big step with right foot; lift left foot off ground. Bend over and touch right foot with right hand and toes with left hand.

3-4. Repeat steps 1-2.

Points to remember

- When swaying, be slow and steady.
- Arms should be relaxed and hanging and should swing with shoulders; feet should follow hands.

PUSHING LEFT



1-2. Following steps 1 and 2 of *Twisting to the Left*, get up. Place weight on left foot and bring head up to natural level, posture facing one side.

3. Move upper body back, shift weight to right leg and draw arms back to chest, fingers pointing up and palms facing forward.

4. Push forward head with hands, follow with body and shift weight to left leg.

5-6. Repeat steps 3-4.

PUSHING RIGHT



Repeat steps 3-4 of *Pushing Left*, but in opposite direction and reverse a natural standing position.

Points to remember

- Make sure that movement of arms and legs is coordinated and in unison.
- When shifting weight back and forth, be natural and breathe deeply, with shoulders dropped and keep elbows as low as possible.

ANIMAL PLAY

IMBING



1. Hold hands at waist level as though holding a ball.
2. Stretch hands up, one palm up.
3. Lower hands down to chest as though holding up a high ball.

4. Bend forward and lean at waist.
 5. Straighten body slowly and stand upright.
- Repeat exercise two or three times.

Points to remember

- When falling or not leaning down to full at waist, keep feet straight and legs motionless.
- Concentrate through head and breathe regularly.

MONKEY PLAY

LEAPING TO THE LEFT



1. Making arms and legs like those of a monkey. Bring left hand to left shoulder and right hand to left side of chest, as seen here and lean left and right out of ground, pivoting weight on left foot, legs leaning to right.

2. Leap to right on right foot and draw right hand to right ear and left hand to right side of chest; shift weight to right foot and left foot off ground, legs leaning to left.
3. Leap to left and repeat step 1.
4. Left right foot and draw a small circle in air.

5. Lower right foot to heel ground with feet.
6. Pivot on ball of right foot, make full circle horizontally.
7. Place weight on left foot and lean back, keep elbows close to mid torso. Arms are out of body a couple of feet.

Points to remember

- When hand, head, chest and legs bent, you resemble exactly the posture of a monkey.
- All movements must be done in a rhythmic way.

LEAPING TO THE RIGHT

Repeat steps 1-7 of Leaping to the left, but in opposite direction.

ANIMAL PLAY

PICKING AND OFFERING FRUITS TO THE RIGHT



1. Bring left hand close to left ear and right hand to left side of chest; lift right leg and put weight on left leg, legs leaning to right.
2. Lean to right, tapping on right leg and lean forward, at same time

3. Straighten body and leap to left, landing on left foot, at same time lift right hand and draw right hand

4. Hold left elbow so that left forearm is upright, palm facing up in imitation of a monkey presenting fruit.

5. Drop right foot to ground and point toes to right.



6. When left foot is step forward to foot of right foot and turn to right and lean back.
7. Leap forward with right foot, land two or three as you can to

8. Bring feet together, drop hands and return to a standing position.

Points to remember

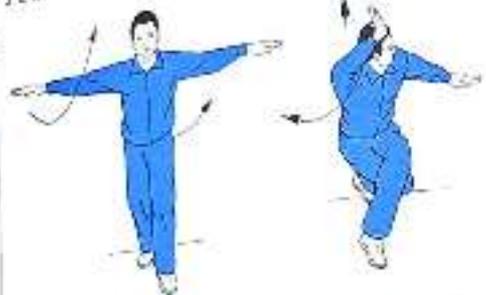
- Movements must be quick.
- When leaping to pick fruit, lean forward and balance body with feet, legs squarish out.

PICKING AND OFFERING FRUITS TO THE LEFT



Repeat steps 1-8 of Picking and Offering Fruit to the right, but in opposite direction.

ANIMAL PLAY
TURNING AND LOOKING BACK TO THE LEFT

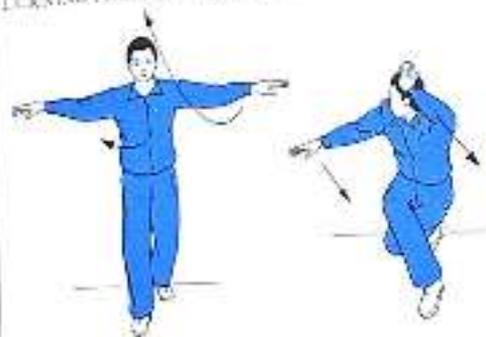


1. Step forward to right with left foot and stretch arms to sides.

2. Turn forward and bend right knee but looking left (back) at same time (and right arm at front of head, step up and stretch left arm toward head, eye looking at left knee).

3. Return to position in step 1.
4. Step forward with right foot, stretch arms and turn forward.

TURNING AND LOOKING BACK TO THE RIGHT



Repeat steps 1-4 of Turning and Looking Back to the Left, with opposite direction.

Points to remember

- When stepping and turning to head back, keep one arm straight and the other left; turn head back as far as possible and support head back with 1 hand in front.

ANIMAL PLAY

SOARING



1. Raising bow of step 2 of Turning and Looking Back to the left, and step in front of chest and onto toes. Right like wings; at one time lift left knee.



2. Lower arms gradually and return left foot to ground.



3. Cross arms in front of chest and thrust them up like wings, taken up; at same time lift right knee.
4. Lower arms slowly and return right foot to ground.



5. Move arms to shoulder level, take up and lower them at same time down left or right foot once and return immediately to standing in previous position.



Points to remember

- Move in continuous fashion throughout exercise and breathe the greatest amount of a true soaring. Kua is the key.
- Lift knee up when any one foot is on ground and lower down when both feet are on ground.

INTERNAL FORMS OF EXERCISE PRINCIPLES

The internal forms of exercise, which emphasize slow movement and tranquility of mind, have a completely different emphasis to the external forms of exercise. The most popular of all internal exercises is taijiquan boxing, known in China as taijiquan. This is included here as well as taiji swordplay and the taiji fan.

The underlying principle of the internal exercises is the idea that action follows thought. An example of this is in the starting position, when the slow raising of arms occurs only after the thought of raising arms has occurred. All internal exercises are controlled by such consciousness and one must therefore be quiet and calm before beginning each exercise and then apply one's total concentration.

Relaxation is all important. Muscles and joints should be relaxed to such a degree that all rigidity disappears. The torso should be kept upright with arms held in a rounded manner and legs bent or curved as required. Special attention must be paid to the waist as one moves from one position to another and natural breathing is essential. The basic rule of 'up, inhale, down, exhale' naturally coordinates breathing with action. In the starting position, for example, the raising of the arms causes you to breathe in and the lowering of the arms to breathe out.

There are several distinguishing features of the internal forms of exercise. Lightness and suppleness characterize them all. Taijiquan should be done slowly and smoothly as the movements are in accord with the natural motions of the human body. After exercising one should feel relaxed and refreshed rather than exerted, and it is therefore especially suitable for the elderly, the infirm and sufferers of chronic diseases.

Continuity is important. Taijiquan from beginning to end should be a smooth, uninterrupted flow of movement. Movements of arms and legs in curves and arcs should follow the natural curves of your joints. This ensures an even exercise of each part of the body.

Finally, taijiquan requires a close coordination of the upper and lower parts of the body. Taijiquan also calls for harmony between inner and outer body movements and you must be aware of your breathing. Each movement involves the whole body, with the waist and back initiating the movement of your limbs. Such well-coordinated movements automatically eliminate any stiffness and disjointedness.

Pay special attention to certain parts of the body while doing these exercises. Move your legs naturally with your torso, keep your arms in a rounded shape with your tongue resting against your upper teeth, and breathe through your nose. Eyes should follow the hand that is in front and your neck should be neither too stiff nor too relaxed. Your chest should be pulled up and your shoulders should be kept low.

Gravity acts through your legs giving you contact with the ground, or can be seen in constant shifting of weight from one leg to another. Knee joints should be relaxed though, and even when told to keep legs straight, knee joints should never be locked. When always always touch the ground with your feet. When retreating put your feet down first, sinking of shoulders and lowering of chest especially important as, when these weights relaxed, arms and wrists become naturally curved and fingers naturally spread.

太极拳运动

TAIJI SHADOW BOXING

The simplified form of taiji shadow boxing, also known as taijiquan, was created by The Chinese National Sports Committee and has proved to be very popular with beginners and those who are pressed for time. Beginning with easy movements it gradually becomes more difficult and eliminates the repetitive movements of the conventional taijiquan '88 movements', while retaining its essence and distinctive techniques. It is composed of 24 movements, each with its own title, divided into eight groups and may be practiced as a whole or in sections. Make sure that you begin each movement in a north facing position.

THE FIRST SECTION

Preparation

Facing of wild horse mane

White crane flaps its wings

THE SECOND SECTION

Brushing the knee

Summing the fate

Laying back arms to left and right

THE THIRD SECTION

Grasping the bird's tail to the left

Grasping the bird's tail to the right

THE FOURTH SECTION

Single whip

Waving hands in the clouds

Single whip

THE FIFTH SECTION

Parting the horse

Kicking with the right heel

Striking ears with both fists

Kicking with the left heel

THE SIXTH SECTION

Sweeping down to left on one leg

Sweeping down to right on one leg

THE SEVENTH SECTION

Parting the shuttle to left and right

Needle at sea bottom

Deixe with the arm

THE EIGHTH SECTION

Turn to strike, punch and punch

Withdraw and push

Covering arms

Conclusion

One must however always remember that taijiquan is essentially one continuous movement from beginning to end. The phrase 'at the same time' constantly appears and this is because in taijiquan all movements of the limbs and body are simultaneous and coordinated and cannot be separated and done individually. Each illustration is the continuation of the one before and is followed by the one after. The arrows must be studied carefully and the whole exercise will become easier if you can visualize a continuous flow of motion.

THE FIRST SECTION

PREPARATION



1 Stand in attention. Step to left as the feet are shoulder-width apart, relax arms and hold them by sides. Keep head and neck up, pull abdomen in and look straight ahead.

2 Lower shoulders and draw neck away to shoulder level, pull up down.
3 Lower elbows and wrists so that hands are upright.

4 Keep torso straight, head level and feet level, arms slightly bent, elbows toward front.

TAIJI SHADOW BOXING
STARTING OF WHITE HORSE MANE

1. Turn torso slightly to right and
lean weight on right leg; at same
time lift right hand, palm down, to
chest level, and move left hand to
waist, palm up, and breathe down
as though holding a ball.

4. Move left foot, with knee relaxed,
to right and keep eyes on right hand.

4-5. At same time move left hand
up to eye level, palm up, elbow
slightly bent, and right hand down
to waist level, palm down, elbow
slightly bent; keep eyes on right leg.



6. Breathe more down back, lift
weight to right leg and lift left knee
slightly.

6-7. Move torso forward and to left,
lifting weight to left leg; at same
time move left hand back toward
chest, palm down, move right foot
up and breathe down as though
holding a ball.

9-10. Move right foot forward,
right and keeping left leg straight
and right knee and elbow on
a line.

8. Bring right foot next to left foot,
lift right hand off ground and keep
eyes on left hand.



11-15. Repeat steps 1-5.

TAIJI SHADOW BOXING
WHITE CRANE FLAPS ITS WINGS

1. Turn torso slightly to left, lower
right hand, palm down, and move
left hand forward in a curve, palm
up, not touching knee; as though
holding a ball, keep eyes on left hand.

4. Move right foot half a step
forward and shift weight back to
right leg; at same time move right
hand to eye level, palm down, with
left hand and torso turn to right.

2. Move left foot forward, lift knee
slightly and turn torso slightly to
left; move right hand to level of
forehead, drop left hand, palm
down, to left hip and look ahead.

THE SECOND SECTION

BRUSHING THE KNEEL



1-2. Turn torso slightly to left and
lean to right, lower right hand and
push it along right side before entering
it in a curve to eye level; at same
time move left hand up, then down
to waist in front of chest, at same

time pivot toes of left foot toward
ground and keep eyes on right hand.

4-5. Turn torso to left, step to left
with left foot and keeping right leg
straight, bend left leg; at same time
as turning torso push right hand
forward in new level, brush left
hand across left knee and hold it by
left hip, palm down; keep eyes on
finger of right hand.



6-7. Bend right knee slowly, shift
weight over right leg and lift toes of
left foot off ground. Turn torso to
left and lift weight to left leg.

8. Move right foot next to left foot
and pivot toes of right foot toward
ground; at same time turn left palm
up and move it out to left. Follow
turning of torso with right hand and
bring it to right side of chest, palm

down; keep eyes on left hand.

9-10. Repeat steps 1-5, but in
opposite direction.

拳运动

TAIJI SHADOW BOXING



1-5 Repeat steps 1-5 in opposite direction.

SCRUBBING THE LUTE



1-2 Turn half a step forward with right foot and lower torso, shifting weight onto right leg. Turn torso to degree to right, lift left leg, move it forward and put it down with its toe off ground and your slightly bent, as your torso turns left, bend up and forward to over head, palm facing right, arm slightly bent, and elbow right angled.

3-4 Bend right elbow, push right hand forward, palm facing front; bend left elbow and draw left hand back to waist, palm up. At same time lift left foot and turn torso to look at left hand.

5-6 Bend right elbow, push right hand forward, palm facing front; bend left elbow and draw left hand back to waist, palm up. At same time lift left foot and turn torso to look at left hand.

CURVING BACK ARMS TO LEFT AND RIGHT

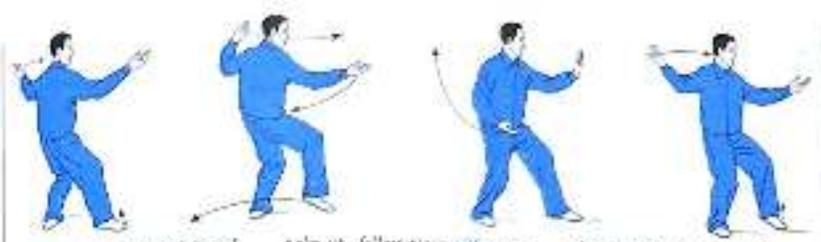


1-2 Turn torso to right and draw right hand back and up as a curve, with palm up and arm slightly bent. At same time turn left palm up, keep eye to right as you turn torso and then torso to look at left hand.

3-4 Bend right elbow, push right hand forward, palm facing front; bend left elbow and draw left hand back to waist, palm up. At same time lift left foot and turn torso to look at left hand.

5-6 Bend right elbow, push right hand forward, palm facing front; bend left elbow and draw left hand back to waist, palm up. At same time lift left foot and turn torso to look at left hand.

TAIJI SHADOW BOXING



1 Turn torso slightly to left and draw right hand back and up in a curve, with left hand, palm down, and keep eye to left.

2-3 Continue to turn torso to right, bring left hand down in a curve and bend it as the torso, palm down, palm up, follow torso with eye to left first and then turn to look at right hand.

4-5 Repeat steps 1-3, but in opposite direction.



6-7 Repeat steps 3-4, but in opposite direction.

8-9 Repeat steps 3-4, but in opposite direction.

太极拳运动

THE THIRD SECTION

GRASPING THE BIRD'S TAIL TO THE LEFT



1 Turn torso slightly to right and draw right hand back and up in a curve, with left hand, palm down, and keep eye to left.

2-3 Continue to turn torso to right, bring left hand down in a curve and bend it as the torso, palm down, bring right arm in front of chest, palm down and position hands as though holding a coil. At same time put weight on right leg, draw left foot in, toes pointing toward ground, and keep eye to right hand.

4-5 Turn torso slightly to left, and then torso to look at left hand.

TAIJI SHADOW BOXING



6-9 Turn left palm down and bring right palm up, turn torso to right and at same time move hands to right in a curve. Move right hand to shoulder level, palm up, and hand

left arm in front of knee, palm facing down. Shift weight onto right leg and drop eyes to right knee. 8-9 Turn torso slightly to left and right elbow and bring right

hand forward left wrist, when facing right elbow. Push on left wrist and swing right leg at right knee left leg and pull weight on left leg.



10-12 Turn left palm down and bring right hand over left wrist. Separate hands and hold them shoulder-width apart, palm down, at same time bend right knee, lean

over and right hand over right leg with feet at left knee distance off ground. Lower elbows, bring hands hand in abdomen, and toes about

13 Shift weight forward body sway right leg straight, knee left knee, push hands forward, and is straight ahead.

GRASPING THE BIRD'S TAIL TO THE RIGHT



1 Lower torso, torso to right, bring right foot with you and shift weight to right leg. Lift left foot off ground and set them in
2 Bring right hand behind back in a curve, follow movement with eyes.

3-4 Shift weight onto left leg, bring right hand down in a curve, and it is in front of left ribs. Hold left hand in front of chest, palm down, and position hands as though holding a ball, at same time down.

right foot is still on ground and drop eyes to left and
5-6 Repeat steps 1-4 of first the bird's tail to the left, in an opposite direction.

TAIJI SHADOW BOXING



14-16 Repeat steps 5-6 of Grasping the Bird's Tail to the Left, in an opposite direction.



18-21 Repeat steps 10-13 of Grasping the Bird's Tail to the Left, in an opposite direction.

THE FOURTH SECTION

SINGLE WHIP



1 Lower torso, shift weight onto left leg and lift toes of right foot off ground and lean torso in.
2 Turn torso to left, hold left hand at shoulder level, palm facing left, and right hand is left ribs, palm up and eyes to left hand.
3-4 Shift weight slowly to right

leg while turning torso to right and drawing left foot in with only toe touching ground, at same time lower right hand so in a curve to right at shoulder level, face fingers toward thumb loosely and bring hand down from wrist joint. Push left hand in front of abdomen in front of right

elbow. Keep eyes on left palm.
5-6 Turn torso to right, step forward with left foot and keeping left leg straight, lean right leg and shift weight onto left leg. At same time raise left palm up, arm slightly bent, and keep eyes on left foot.

TAJI SHADOW BOXING
THE HANDS IN THE CLOUDS

1. Turn torso to right leg and gradually raise torso to right with left leg to sit and leaning it.



2-3. Turn left hand to front of abdomen, raise it up to a waist and hold it in front of right shoulder at



same time withdraw right hand and turn palm up to face up, looking eyes on left palm.



4-6. Turn torso back to left, shift weight to left leg and draw right hand to waist it is parallel with the left foot, at same time move left hand to front of the right palm, looking up, and bring right hand

down to a waist and up to front of left shoulder, with eyes on right palm.

7-8. Turn torso to right and leaning weight on right leg, stretch right leg more to left, at same time



9-11. Repeat steps 4-6.



12-13. Repeat steps 7-8.

14-16. Repeat steps 9-11.

SINGLE WHIP



1-2. Turn torso to right and follow movement with right hand; at same time left hand is front of abdomen and move it up to a waist in front of right shoulder, keeping eye on left palm. Close fingers of



right hand round thumb and hang hand from wrist joint. Shift weight to right leg and tilt left foot so that two soles touching ground.

3-4. Turn torso gradually to left, keep left hand at eye level, step a



left with left foot and bringing left leg straight, draw right knee. Shift weight onto left leg and while continuing to turn torso to left, turn left palm to push outward, forming a 'single whip' posture.



THE FIFTH SECTION

EATING THE HORSE



1. Take left a step forward with eye level gradually shift weight back to right leg. Draw right hand up to both palms up, elbows slightly bent; at same time left



step off ground and turn torso slightly to right.
2. Turn torso slightly to left, bring right hand past neck and push forward, keeping fingers at eye level.

At same time draw left hand back to wrist, palm up, and step forward with left foot, but waist off ground, looking eyes on right hand.

KICKING WITH THE RIGHT HEEL



1. Draw torso to leaning left hand palm up, move right hand.



2-3. Draw torso back to a downward position, raise torso, and at same time move left leg and step out to



left, draw right leg straight, draw left leg and shift weight forward.

TAJI SHADOW BOXING



After hands up in a circle, palms up, and eyes inside in front of chest with right hand in outside and palm facing in at same time draw right



Just in and palm over to ground.
3-5 Spread arms out to sides, elbow slightly bent and palm facing out; at same time raise right



Arms and torso straight, legs with right foot and keep eyes right hand.

STRIKING EARS WITH BOTH FISTS



1-2 Draw right leg back with two feet raised; at same time bring left hand forward with right hand, drop hands inside right hand, palm up, and feet ahead.



3-4 Put right foot forward and step forward. Shift weight gradually to right leg, which should be bent, and keep left leg straight; at same time draw fists slowly and lower



then draw in with six the inch forward at eye level. Keep feet facing each other at a distance of 10-20 cm (4-8 in); and keep eyes right fist.



KICKING WITH THE LEFT HEEL



1 Bend left knee, shift weight to left leg and lean torso to left, toes of right feet raised and turned in.



3-4 Shift weight onto right leg and draw left foot in, toes pointing to ground; at same time move hands down and up in a curve and eyes inside in front of chest with left hand on outside, palm facing in.



5-6 Spread arms out to left elbow slightly bent and palm facing out; at same time raise left hand and straighten left slowly kicking with left heel, eye level at left hand.



TAJI SHADOW BOXING THE SIXTH SECTION

SWEEPING DOWN TO LEFT ON ONE LEG



1-2 Draw left leg back with knee drawn in and torso bent to right; at same time draw right hand by leaning wrist and move left hand up to a knee and down to front of



right shoulder, palm facing in and eyes looking at right hand.
3 Bend right knee slowly, lower left leg and stretch it out to left.
4 While squatting down to right



leg move left hand down in a curve, just inside of left leg, eyes looking to left hand.



3 Left leg forward to left leg, palm would be bent, and keep right leg straight; draw left toes out and right toes in as much as possible. At same time continue to stretch left



hand forward, palm upright, and lower right hand, which should be hooked, and keep eyes on left hand.
6-7 Raise right knee slowly and stand on left leg; at same time raise



right hand to eye level with elbow bent just above right knee and palm facing left. Lower left hand to hip, palm down, and look at right hand.

SWEEPING DOWN TO RIGHT ON ONE LEG



1-2 Place right foot in front of left foot, looking right hand off ground, toe pointing on ball of left foot toes kept to left. At same time raise left



hand, move left hand and move right hand to front of left shoulder, palm facing in and eyes to left hand.



3-4 Repeat steps 3-4 of Sweeping down to left on one leg, but it appears different.

太极拳运动

运动

TAIJI SHADOW BOXING



5 Repeat step 4 of Sweeping away to left on one leg, but in opposite direction.



6-7 Repeat steps 6-7 of Sweeping away to left on one leg, but in opposite direction.



TAIJI SHADOW BOXING



8-9 Shift weight slightly back to left and right feet bent out. Pull right or right leg and draw left foot under right foot, left foot raised; at same time position hands in front of chest as though holding a ball, right hand above left hand, and keep eyes on right arm.



9-11 Repeat steps 4-6, but in opposite direction.

太极拳运动

THE SEVENTH SECTION

PASSING THE SHUTTLE TO LEFT AND RIGHT



1-4 Turn body slightly to left and place left foot in front of right foot. Breathe and lift right knee; at same



time position hands in front of chest as though holding a ball, left hand above right hand.



5 Draw right foot out to left and with only toes touching ground as keep eyes on left arm.



4-6 Turn body to right, step forward with right foot and keeping left leg straight, bend right knee; at



same time lift right hand and hold it to right side of forehead, palm up. Lower left hand and push it



forward with it under eye line, palm facing forward; keep eyes on left hand.

NEEDLE AT SEA BOTTOM



1-2 Turn half a step forward with right foot, shift weight to right leg. Lift left foot and point toes to ground; at same time turn body



slightly to right and wave right hand down in a curve and up to side of right ear. Turn body to left, drop right hand forward, palm facing

left; at same time lower left hand forward, then turn in a circle and rest it at side of left hip, palm down; keep eyes on right hand.

DODGE WITH THE ARM



1 Turn body slightly to right and step forward with left foot, keep eyes on straight and bend left knee.



2 At same time raise right hand, bend elbow and hold hand at right side of forehead, palm up.



3 At same time lift left hand and push it forward at chest level with palm facing front; keep eyes on left hand.

TAIJI SHADOW BOXING
THE EIGHTH SECTION

TURN TO STRIKE, PARRY AND PUNCH



1 Lower torso, shift weight onto right leg and turn body to right with toe of left foot lifted off ground; at same time lift left hand and hold it in front of forehead with palm facing out.

2 Shift weight back to left leg, turn

body slightly to right and raise right hand down to a cross and hold it in front of left ear, palm down; keep eyes looking to right.

3-4 Turn body to right, draw right leg back and step forward again, at same time flick right fist

over to right, crossing arms, palm in and draw left hand under right foot down. Draw right foot back to ground, its toes turned out, with eyes to right fist.



5-6 Shift weight onto right leg and step forward with left foot; at same time push forward with left hand and draw right fist back to waist.



7 Keep right leg straight, head left hand and punch forward with right fist, thumb facing up; hold in side of



right elbow with left hand, with eyes to right fist.

WITHDRAW AND PUSH



1-2 Stretch left hand out, pushing it under right wrist, and withdraw right fist so that palms face up.

3 Lower elbows slowly and draw hands back; at same time lower

torso, shift weight to right leg and lift toe of left foot off ground

TAIJI SHADOW BOXING

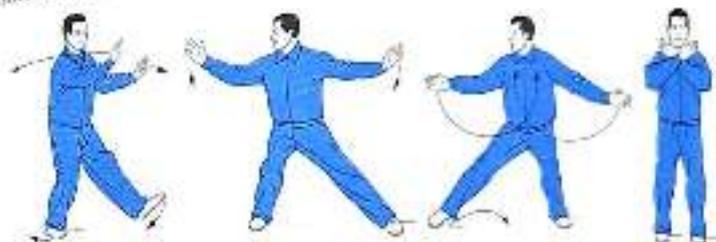


1-4 Turn torso over and push forward with hands from abdomen

up to shoulder level. At same time keep right leg straight, head left

leg, fist upright on it and look straight ahead.

CROSSING ARMS



1-2 Bend right knee, shift weight to right leg, lift left foot and turn torso to same time turn body to right and stretch right arm up as far as you are going out. Bend

elbows slightly and keep eyes on right hand.

3-4 Shift weight slowly to left leg and draw right foot back so that it is parallel with left foot, but

shoulder-wrist down. At same time bring hands down and up to shoulder level and cross arms, right hand on outside, palm facing in, and look straight ahead.

CONCLUSION



1-2 Turn torso over to face out, shift weight to side, palms facing down, and look straight

ahead. When lowering arms relax whole body, breathe out slowly,

bring left foot next to right foot and stand straight.

TAJI SHADOW BOXING
THE EIGHTH SECTION

TURN TO STRIKE, PARRY AND PUNCH

拳运动



1. Lower torso, shift weight onto right leg and turn body to right with foot of left leg shifted off ground. At same time left leg hand and right hand in front of forehead with palm facing up.

2. Shift weight back to left leg, turn

body slightly to right and raise right hand upward to chest and right is in front of left in upper palm down, keep eyes looking to right.

3-4. Turn body to right, draw right leg back and step forward again. At same time shift right leg

over to right, crossing chest, palm up and draw left hand back with palm down. Draw right leg back to ground. At same time extend right arm to right fist.



5. Shift weight onto right leg and step forward with left foot at same time hand forward with left hand and draw right foot back to waist.



6. Shift weight onto right leg and step forward with left foot at same time hand forward with left hand and draw right foot back to waist.



right cross with left hand, keep eyes to right fist.

WITHDRAW AND PUSH



1-2. Draw left hand out, passing it under right arm, and withdraw right leg to the palm face up.

3. Lower elbows, steady and draw hand back, at same time lower

torso. Shift weight to right leg and left foot of left foot off ground.

TAJI SHADOW BOXING

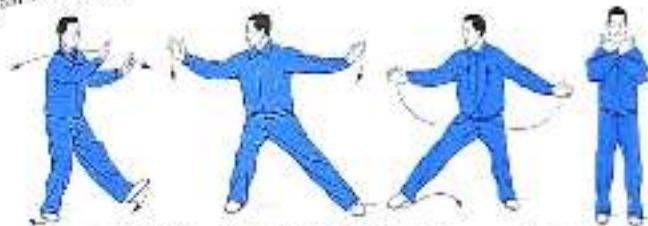


1. Turn torso over and push hand out hand, draw backward

step to shoulder level. At same time keep right leg straight, knee left

leg, but keep on it and look straight ahead.

CROSSING ARMS



1. Draw right hand, shift weight onto left leg, feet and torso steady in same line. Torso body is left on waist right arm up to the palm face down. Head

tilt back slightly and keep eyes on right hand.

2-4. Shift weight slowly to left leg and draw right foot back so that it is parallel with left foot, but

shoulder with waist. At same time bring hands down and up to shoulder level and cross arms, right hand on inside palm facing in, and look straight ahead.

CONCLUSION



1. Turn torso over to face out, drawing arms to side, palms facing down, and look straight

ahead. When lowering arms allow whole body, steady and steady.

Keep left foot on it right foot not draw straight

太极拳运动

TAIJI SWORDPLAY



1. Lift left leg and lean right foot on it. Right leg and cross it over left leg. Right arm and sword with left foot off ground. Left and raise right hand forward and lift foot. At this time the two feet are in a sword stance. Keep feet in sword stance. Right foot on sword stance. Right foot on sword stance. Right foot on sword stance.



2. Lift left leg and lean right foot on it. Right leg and cross it over left leg. Right arm and sword with left foot off ground. Left and raise right hand forward and lift foot. At this time the two feet are in a sword stance. Keep feet in sword stance. Right foot on sword stance. Right foot on sword stance. Right foot on sword stance.

THE FIRST SECTION

CI (TO THRUST) STANDING ON ONE FOOT



2. Step back with right foot and turn face to right, then draw left foot back with left hand forward and right hand over left arm and draw right hand over left hand with a thrust. Keep feet in sword stance. Right foot on sword stance. Right foot on sword stance.

Points to remember

- Do not lean in order of movement.

TO POINT TOE FEET TOGETHER



1. Lift left leg and lean right foot on it. Right leg and cross it over left leg. Right arm and sword with left foot off ground. Left and raise right hand forward and lift foot. At this time the two feet are in a sword stance. Keep feet in sword stance. Right foot on sword stance. Right foot on sword stance. Right foot on sword stance.

Points to remember: 1. Do not lean in order of movement. 2. Do not lean in order of movement. 3. Do not lean in order of movement.

TAIJI SWORDPLAY

For sections. The complete exercise when sword is held in a group. The Chinese terms for sword movements, etc. are not in English. The Chinese terms for sword movements, etc. are not in English.

THE BASICS



RIGHT HAND HOLDING SWORD IN SWORD FINGERS

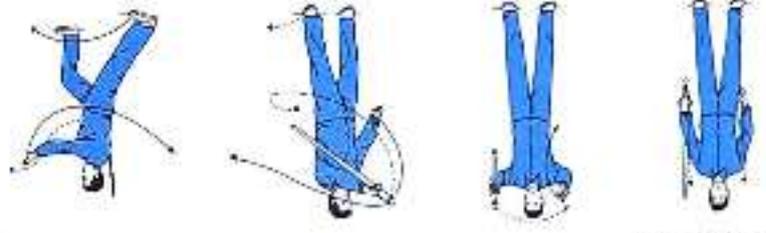
LEFT HAND HOLDING SWORD IN

1. Lift left leg and lean right foot on it. Right leg and cross it over left leg. Right arm and sword with left foot off ground. Left and raise right hand forward and lift foot. At this time the two feet are in a sword stance. Keep feet in sword stance. Right foot on sword stance. Right foot on sword stance. Right foot on sword stance.

2. Lift left leg and lean right foot on it. Right leg and cross it over left leg. Right arm and sword with left foot off ground. Left and raise right hand forward and lift foot. At this time the two feet are in a sword stance. Keep feet in sword stance. Right foot on sword stance. Right foot on sword stance. Right foot on sword stance.



LEFT HAND HOLDING SWORD IN

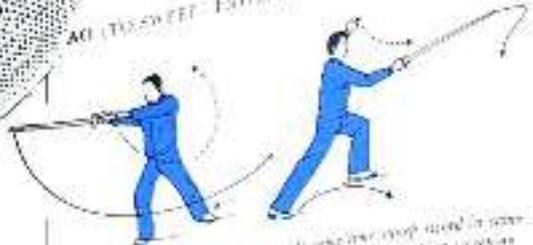


PREPARATION

1. Lift left leg and lean right foot on it. Right leg and cross it over left leg. Right arm and sword with left foot off ground. Left and raise right hand forward and lift foot. At this time the two feet are in a sword stance. Keep feet in sword stance. Right foot on sword stance. Right foot on sword stance. Right foot on sword stance.

TAIJI SWORDPLAY

ALL AS SWEET FROM RIGHT TO LEFT



1. Turn face to right and make a 90° clockwise movement. Drawing in and back and forward through and keep eyes straight. Hold right arm with left hand, sword ends curved behind. In this way, turning left, the sword, hand and feet, move clockwise, with a circular path. Turn face to left and make left hand forward and sword fingers out and draw out of it in a circle and hold other hand, palm facing up.

As sword goes through sword in reverse motion. While making to right movement and following turning of feet, shift weight onto left foot and turning right leg through heel of left hand, palm up, tip of sword.

- Points to remember**
- Feet and eyes remain stationary.
 - If the holding right or left foot, keep to a stretch.

DAI TO TAKE THE LEAD TO THE RIGHT



Left hand leg, left forearm and turning left leg through heel of foot, in same line, sword right arm, then, sword ending back, downward and sharp, with a sword with three angles, back to front of right side. Drop of hand forward into sword fingers, to tip, wrist and back eye, moving back.

- Points to remember**
- Hold the sword and hold the wrist simultaneously.

DAI TO TAKE THE LEAD TO THE LEFT



Shift right hand forward, turn clockwise with sword and back, sword ends curved with three angles, back to front of left side, in same way, hand left hand forward into sword fingers, down palm left side and up in a circle to left of forward, palm up. At same time, sword ends with left foot and, holding only by straight, back left foot, and eye to tip of sword.

PI (TO CHOP) STANDING ON ONE FOOT



1. Bring right foot under left foot, feet off ground, and drop left hand forward into sword fingers, into right wrist.

2. Turn body to left and bring sword back and behind in a circle to left, turning wrist up.

3. Bring left hand forward into sword fingers, in a lead, palm up, in same way, make a chopping movement with sword to right, left

forward with slight flexion of the knee high, feet on tip of foot.

- Points to remember**
- All movements are smooth.
 - Eyes should follow tip of foot.
 - Left hand and wrist should be maximum coordination.

RETREAT AND CHOP TO WHIP



Drop left foot behind back, low and, as they right foot back half and, let off ground, at same time, make a chopping movement, long

TAIJI SWORDPLAY

low and back, the sword into, tip of sword pointing forward, drop left hand forward into sword fingers, into wrist back.

- Points to remember**
- Drop right foot back and make chopping movement continuously.
 - Keep arms straight.



UPWARD GI (TO THRUST) ON ONE FOOT

Drop forearm with right foot and lift left knee high, at same time, hand raised up, palm up. Drop left hand forward into sword fingers, in back of sword and keep eye on tip.

- Points to remember**
- Hand palm up on one foot.
 - Do not push that forward.

THE SECOND SECTION

DOWNWARD JIE (TO CUT)



Drop eye and behind back and use right foot, steady back, feet off ground, at same time, following turning of body, feet to left and they straight into a distance, coming upward and sword, tip up at knee and drop left hand forward into sword fingers, into wrist and up in a circle to left corner of forehead, thumb and back straight ahead.

- Points to remember**
- Drop right foot and make cutting movement continuously.
 - Use both to right.

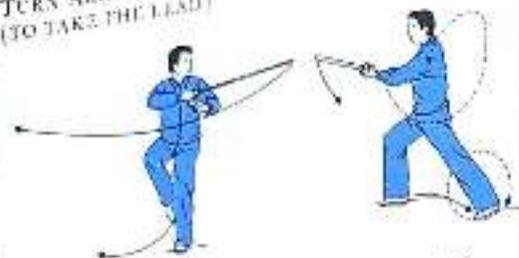
GI (TO THRUST) TO THE LEFT



1-2. Stop back with right foot, drop left foot back then, they forward to left and, keeping right leg straight, hand left knee. At same time, following movement of body being sword to shoulder level, draw it back, lower it and make a forward thrusting movement to left, palm up, at same time, drop left hand forward into sword fingers, draw it in a circle to right, palm there in a circle to top left corner of forehead, palm up, and keep eye on tip of sword.

- Points to remember**
- If the sword is not and you forward out, when turning, sword too forward in, when turning, sword from end of right hip are forward on.

TURN AROUND AND DAI
(TO TAKE THE LEAD)



1. Sliding on left foot, turn body to right and lift right foot to back leg step; at same time draw right hand back to chest, palm up. Long third of sword parallel to ground, step left hand forward over sword fingers to rest on right wrist and keep eye on tip of sword.
2. Turn body to right, drop right foot to ground and, keeping left leg straight, bend right knee; at same

time following drawing of body, make a 45° clockwise rotation right with waist. Each joint is outside of elbow and turn tip of sword up and bring palm down. Rest left hand forward into sword fingers on right wrist and keep eye on tip of sword.

- Points to remember**
- All movements must be smooth and coordinated.

TAIJI SWORDPLAY

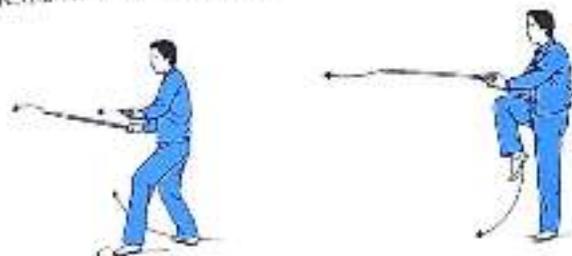
SHRINK BACK AND DAI
(TO TAKE THE LEAD)



Left and lower left leg, draw right foot back next to left foot, heel of ground, while shifting weight on left foot; at same time make a 45° movement toward left with waist palm up - exact face on outside of knee and turn tip of sword up. Move left hand forward into sword fingers down and back in a move and then return them to rest on right wrist keeping eye on tip of sword.

- Points to remember**
- Follow the extension and leg is left.

LIFTING KNEE AND HOLDING SWORD



1. Step back with right foot and follow with left foot, heel off ground; at same time extend hand moving hand with sword to right and right hand forward into sword fingers to left, hand palm down.

2. Drop left foot to ground and lift right knee high; at same time open left hand to hold right hand and bring sword handle toward chest, arm slightly bent, sword pointing forward and eye looking ahead.

- Points to remember**
- The two movements are continuous.
 - When standing on one leg leg body straight.

TAIJI SWORDPLAY

HOP AND GI (TO THRUST)



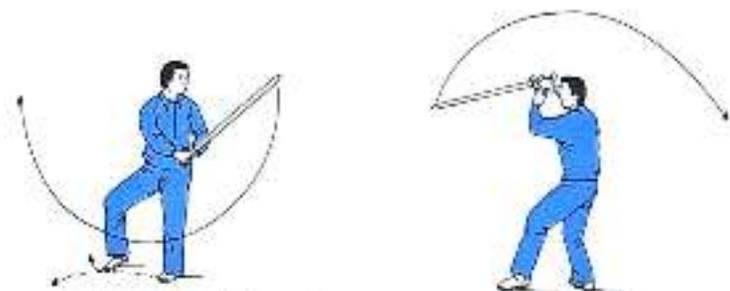
1. Lower right foot, right weight forward to take over thrust sword forward with palm.
2. Hop up of right foot hard, step forward with left foot and palm up, right foot to side of left; at same time separate and feet wide to side, palm down.

left hand forward into sword fingers, eye looking straight ahead.
3. Step forward with right foot and, keeping left leg straight, bend right knee; at same time thrust sword forward, palm up, eye looking at tip of sword. Bring left hand forward into sword fingers over sword

to a backward and upward curve, palm up.

- Points to remember**
- Draw hand back a little after thrusting sword forward.
 - Move feet quickly in thrusting steps.

HEAD (TO PROVOKE) TO THE LEFT



1. Turn body to left and shift weight on left leg. Draw right hand half a step and, with eye above the right leg, then lift it up and the forward with sword to heel of ground. At same time, following drawing of

body, make a pronounced movement - right forearm turned outward and palm facing outward - with sword in a curve down to left and then up in a curve to right. Step inward handle of eye level and follow movement of right wrist with left

hand forward into sword fingers and keep eye on tip of sword.

- Points to remember**
- The whole movement is continuous and the two movements should have a full circle.

TAJI SWORDPLAY

LIAO (TO PROVIDE) TO THE RIGHT



1. Turn body to right and then
swing up and down to right in a
wide, full circle, ending up
2. The left foot down, step to left
with right foot out, keeping left leg
straight, head right face. At once
one swings the sword.



movement of sword down end of it
is down to left - then right, become
up and right, ending up, keep
sword in shoulder level, move left
hand forward, sword fingers
above head and keep eye on tip of
sword.

Points to remember
• When movement is complete
• The sword movement should
complete a wide circle.

THE THIRD SECTION

TURN LEFT AND CROU (TO LAST)



1. Turn body to left, swing
sword backward, straighten right
leg and step left foot slightly, at
once one draws sword back to front
of chest with left hand forward and
sword fingers touching right wrist.
2. Turnover to face to left with left
leg bent and sword is crouching.



movement is left with sword,
keeping eye on tip of sword.
3. Bend right knee slightly, shifting
weight back to right leg and draw
left foot back, bend left ground at
once one make a leading movement,
pointing sword back to right leg,
draw left hand forward into sword.

Points to remember
• Turn two of right foot to left
turning body.
• Bend right elbow backward
before making stepping motion.

CI (TO THRUST) WITH FEET TOGETHER

Put left foot down, move right foot
forward and stand straight with feet
together, at once one step left
hand to head right hand and thrust
sword forward, palm up, eye
looking at tip of sword.



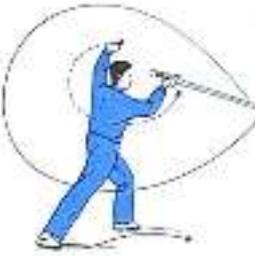
Points to remember
• Place feet and hand and
shoulders and arm and
slightly bent.

TAJI SWORDPLAY

LIAN (TO PARRY) TO THE LEFT



1. Step sword back, step left hand
forward to sword fingers or right
and one foot step to right.
2. Make turning of body to left
the sword is primary movement with
hand, turning a backward,
backward and forward come to left
right fingers touch waist and
the left hand forward into sword.



fingers above head, at once one
step forward to left with left foot
out, keeping right leg straight, head
left face and step eye on movement
of sword.

LIAN (TO PARRY) TO THE RIGHT



step sword slightly backward
with sword eye on right with one
of left foot drawing out, the two
feet are in right step forward with
right foot out, turning left leg
straight, sword right side, at once
one step with sword is left in a
backward and forward come left
right fingers to palm facing out,
at once one step left hand forward
into sword fingers to right wrist
and step eye on movement of sword.

Points to remember
• Turn body first to right then to
left following movement of sword.

LIAN (TO PARRY) TO THE LEFT



step slightly backward
the sword eye of right foot out,
be forward with left foot out,
step right leg straight, head left
be on face down to left, at once
the two feet stand in a
backward downward and forward
eye on right fingers out and
right hand forward into sword
eye on the head.

STEP UP AND CI (TO START)



1. Turn body to right and then
right leg step to right, lifting and off
ground, at once one draw up of
sword, step left hand forward into
sword fingers to right wrist, sword
arm out and make a crouching
movement with sword to right, palm
facing forward, eye following tip of
sword.



two step up of sword down to
come to left with right fingers
to wrist to end when facing only the
left hand forward into sword fingers
to right wrist and step eye on tip
of sword.

2. Turn body to left, step forward
with left foot out, keeping right leg
straight, head left face at once.

Points to remember
• Turn movement are continuous
• When ending left eye do not
look forward to end.

TURN BACK AND PI (TO CHOP)



Step back with right foot a little more, rest of left foot in, the right leg and left arm and left leg. Turn back to face, step forward with right foot and, keeping left leg straight, bend right knee, at same time make a chopping movement.

TAIJI SWORDPLAY

With sword in one direction a foot is moving, the left hand forward, the sword begins to strike back in its space and a chopping noise. Keep this noise of sword.

DIAN TO POINT WITH RIGHT TOES POINTING FORWARD

Left leg bent while turning, rest is left, the left foot down and left right foot in and foot is down in front of left foot with heel off ground, at same time move forward to in a crouch and point is forward and down. From left hand into sword fingers and bring them inward in a circle to rest on right wrist; keep eye on tip of sword.



Points to remember

- When pointing forward, eye first to sword and tip of sword, the movement should be continuous, and feeling of right foot on ground.

THE FOURTH SECTION

GHA (TO HANG) AND PI (TO CHOP)

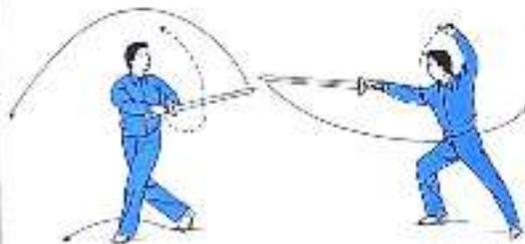
TUO TO HOLD, STANDING ON ONE FOOT



Bring right foot behind left foot and, pointing as well as back, feet, knee high in right and rest left knee; at same time draw sword with sword left down and up and hand stand up in right slightly above level of feet. From left hand into sword fingers, hold it in right wrist and foot straight ahead.

Points to remember

- Left leg bent and held sword up at same time.
- Sword held in right leg.



1. Bring left foot to side and hand held to left, knee raised and foot, right foot off ground; at same time make a hanging movement with sword to rear, then left hand forward into sword fingers; at right wrist and follow tip of sword with eye.
2. Make a chopping movement with sword toward right; left leg bent forward into sword fingers above hand.

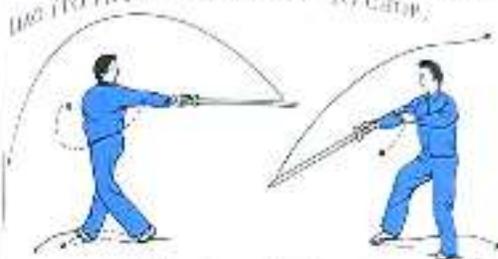
and at same time, step forward and right foot out, keeping left leg straight, bend right knee, keeping eye on tip of sword.

Points to remember

- The two movements are continuous; two feet, but only one foot is right.

TAIJI SWORDPLAY

HUO TO PROVOKE, AND PI TO CHOP



Step back slightly backward, the sword out to left, knee raised, rest of left foot off ground, at same time make a provocative movement with sword in a forward circle and up to the right; the left hand forward into sword fingers, right shoulder and hand rest on tip of sword.
2. An instant with left foot, turn left to left and step forward with left foot in heel off ground; at

same time make a forward chopping movement with sword feet backward then forward, keeping tip of sword level and low. Move left hand forward into sword fingers down in a crouch and up to rest on right forearm; keep eye on tip of sword.

Points to remember

- The two movements are continuous and do not pause in the middle.

STEP BACK AND JI TO STRIKE

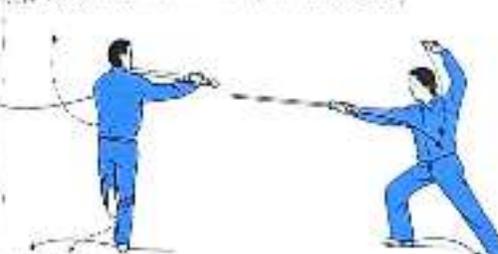


Turn body to right and take a large step back with right foot and, keeping left leg straight, knee right lower in, take two steps in striking movement with sword back and upward following turning of body, the sword tip of sword always level. Point left hand forward into sword fingers toward left; keep eye on tip of sword.

Points to remember

- Step back with right foot and, keep eye on tip of sword.

SH FORWARD AND CI (TO THRUST)



Step left leg and bring it down, the left leg of same time two of two feet and bring sword to the right shoulder, pointing to the left hand forward into sword fingers in right shoulder and in sword hand.

2. Turn sword and forward left, draw left foot on ground, step forward with right foot and, keeping left leg straight, stand right knee; at same time as turning body draw sword forward with feet, palm up, draw left hand forward into sword fingers above hand.

RETREAT AND CHOU (TO WHIP)



Step right leg backward and step right foot back, draw left foot, in heel off ground; at same time bend right knee and draw hand toward palm facing to rear sword handle at left side. Draw left hand forward into sword fingers, palm up and sword eye on tip of sword.

Points to remember

- Draw hand right and sword toward to the rear knee.

TAJI SWORDPLAY
MA (TO SWIPE) WITH BODY REVOLVING



1. Lift right foot and step forward and step forward; at same time turn torso slightly to right and stretch arms out to the sides in positions in front of chest.
2. Turn right and right leg and left turning to right; raise left foot in front of right foot, toe pointing toward each other, facing to left.

if left foot, reverse to turn body to right and right foot is a step behind left foot, step left foot back half a step, toe pointing toward ground. At same time following twisting of body, make a sweeping movement with sword parallel to ground and separate hands with point facing down.

- Points to remember**
- All movements should be slow & continuous flow.
 - Keep torso straight throughout.

GI (TO STAB)
STRAIGHT FORWARD



Take half a step forward with left foot and, keeping right leg straight, lower left knee at same time make a walking movement with sword, twisting it straight forward. Keep left hand forward and sword before resting on right wrist and hold straight ahead.

1. Shift weight backward and turn body to right; at same time draw back sword, palm facing in, and put left hand on hand guard, palm facing right palm. Keep eyes on sword.
2. Turn body to left, shifting weight onto left leg, and bring right foot parallel with left foot, but

thrust sword upward at same time take half of sword with left hand and draw it outward to the leading blade of sword parallel with forearm. Draw right hand out as if in a circle and bring it to the hilt so whole body and sword show

- Points to remember**
- Hold left leg and make walking movement at same time.

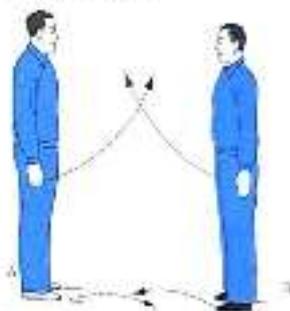
太極推手
THE TAJI DUET

The taiji duet, also known as taiji push-hands, is a fully developed form of taiji shadow boxing and is done by two people exercising together, thereby forming an element of combatation. While practicing, the two may learn from each other and proceed their own basic techniques of taiji shadow boxing. Beginners may take up taiji shadow boxing and taiji duet at the same time. Start with the basic single-hand techniques given in the second techniques and without too fixed to one length with motion an unmovable feet. Beginners must be very patient and move from the

easy exercises to the more difficult gradually. As in all forms of taiji the movements are fluid and continuous and body, arms and legs must be relaxed. Partners should not exert any direct conflict with each other, too much they avoid each other. The basic principle of taiji duet is to take advantage of an opponent's movement to make it when A advances, B retreats, when A retreats, B advances, and so on.
Study the illustrations carefully and follow the arrows for movements of hands and feet. The figure on the left is A and the figure on the right is B.

BASIC MOVEMENTS

PREPARATION
Two partners stand with backs against each other, distance shoulder width and after to resting arms and hands over each other's feet.



BASIC SINGLE-HAND TECHNIQUES



Pushing position. Both half are to sit and step forward with left foot to the middle of feet face of right at a distance of 4-8 in (10-20 cm). Both raise right hand to chest level and back of hands left hand on chest and make sword to chest-level in center

two standing are too weak. Let left hand being naturally.
1. A raise over right hand, using palm to push B's wrist, at same time A hand right knee, shift weight forward a little and try to touch right-hand side of B's chest with right hand.

2. B do not resist A's pressure and feet are natural about at same time lower left knee and right knee back a little, then knee is right and draw A's hand away from chest with right palm.

THE TAIJI DUET



3 B uses own right hand, one palm to push A's chest and try to reach right side of A's chest.



using right palm to meet B's right hand.

4 A do not resist B's pressure and foot left back, shift weight backward and arm move to right.



5 Return to starting position. A uses right hand over, using palm to push B's arm forward and up and try to reach for B's face; at same time head right eye and shift.



weight forward a little. B do not resist A's force and take advantage of situation by lifting arm. Head left back slightly, shift weight back a little, turn arm to right and

shorten A's hand away to right of his head.

6 B slowly press right hand down and forward and try to reach for A's right side.



7 A do not resist B's force and withdraw right arm, at same time head left back, shift weight back a

little, turn arm to right and shorten B's hand away to right of his body.

8 A reach for B's face with right



hand and B slow right to short A's hand away to right of his own.

THE TAIJI DUET



9 10 B use advantage of the situation by working for A's face; A foot left up a little, use right to withdraw B's force, continue to push down and forward with palm and reach for B's right side. Head move away from chest.

alternating right hand and leg with left hand and leg.

Points to remember

• The idea of this technique is that when one person uses force to push forward the other should turn his



body to describe that force. The former should not lean forward and the latter, when shifting weight back, should not lean back. • Movement of arm and leg should not be stiff and should be coordinated throughout.

BASIC TWO-HAND TECHNIQUES



Starting position. Stand facing each other. Both feet are in right in the forward with right foot. Both arms relaxed, elbow bent at back of hand slightly touching



each other. Left-hand palm of each touches other's right elbow. 1-2 A turn over right hand so that palm is touching B's right arm and force B to withdraw his right



arm toward his chest in a forward and downward move; at same time move left hand forward in same direction from B's elbow.



3 A keep A's forward force with one hand meet with left hand using in A's right elbow. Head left back slightly, shift weight backward, use arm to right and at right time to short A's push to



right, thus describing A's force. 4-5 B turn over right hand so that palm touches A's right wrist; at same time push both palms forward and down forcing A to withdraw his right arm toward his chest; at



same time move left hand forward in same direction from A's elbow. 6 A repeat step 3 and use same technique to describe B's force. Repeat exercise many times.

THE TAIJI QUEST



2 A steps back with left foot (first retreat step), body back of B's right hand with right hand and stride. B's right hand with left hand, B takes advantage of A's retreat and brings left foot forward (second

retreat step), left hand is firm against A's right foot and left hand is firm forward with right arm.

3 A steps back with right foot (second retreat step), as same time but B's arm is tight with both

hands. Following A's retreat, B brings right foot forward again and place it just inside A's left foot (third advance step) with right hand and arm pressing forward.



5 A leans right side slightly, right weight backward and push at B's arms with hands.

6 A takes advantage of B leaning forward and turn waist slightly to left, lift left foot and hand to be

ready to B's right foot (4th retreat step) and push forward with both hands.



7 B steps back with right foot and at same time turn waist hand inward and left hand of A's left elbow is about A's side advantage by bringing right foot forward and leading it just outside B's left foot (A's second advance step).

8 B retreats with left foot, A follows with left foot and place it just inside B's right foot, press forward again with left arm. B said A's arm downward with both hands and return to step 1.

This exercise can be repeated over and over again, advancing and retreating, advancing and retreating, and so on.

THE TAIJI QUEST
ADVANCE THREE STEPS, RETREAT THREE STEPS



starting position. Both half are back and are forward with right hand, none right hand, left arm and back of waist tightly pressing with other, do not press or pull from each other two hands.

1-2 A feet forward with left arm, moving at B's chest, support inside of left elbow with right hand and lead right leg. B retreats and push at A's arm with both hands at same time. B lift right foot and

step forward and A lift back and step backward. B step with A's right hand with right hand forward. A's right arm is tight and strike A's right elbow with left hand.



3 A leans again with left foot and A retreat with right foot. A lift right hand to ward off B's right arm and turn waist left hand lift B's right elbow and

turn body to right. B leaning to advance with right foot and A's distance is correct with left foot, B press forward with left arm, along at A's chest, support inside of left

elbow with right hand and A push at B's arm with both hands while retreating.



4 A steps right step, lift A's right foot forward with right hand and B by stepping back, strike B.



DA LU (TO PULL BACK)
This is a special technique in Tai Chi and is the major basis for a strategy of falling back.



Starting position Both half turn to left and put right foot forward. Both raise right hands, elbow bent and back of hand lightly touching each other.



1. A turn over right hand, hold B's right arm gently and put left hand on B's right elbow. At same time put on ball of left foot, half turn to right, bring right foot back and



draw the pulling hand towards B's left foot and turn to right foot and shift weight forward.



2. A turn body to right and step back with right foot. At same time step pulling hand B's arm with both hands, forcing B to step forward with left foot. B should feel



slightly unbalanced due to force of A's pulling.
3. Following A's pulling, B bring right foot forward, bend it and inside A's left foot and shift weight



4-5. A take advantage of B's step, turning B's right arm with left arm and elbow and turn body slightly to right so as to withdraw B's forward force. A then pull that in, turn back to left and shift weight to right leg; at same time

start to push forward instead of pulling back by putting left hand on B's left hand and right hand on B's left elbow and bring left foot forward so that it leans on inside of B's right foot.

ward off A's hand; with left forearm and inner right arm stand in half A's left elbow; at same time B pull right foot back, no lung; slightly to left and start to pull. As B moves, A bend left leg and shift weight forward.

THE TAIJI DUEL

order to push back his hand and feet, then withdrawing his forward force. As movement of center is finished.



4. Push back to left, step back and to left, turn back; at same time to draw the pulling movement; turn to left, draw with left hand and B's elbow with right hand. A



5. When step back that A and B feel the same cannot step and to withdraw a step. If B withdraw

follow by taking a step and forward with right foot and drawing weight onto right leg.
6. A follows with left foot, turn it on inside of B's right foot and step



weight forward. In withdrawing, turn right arm forward, make it left arm back, shoulder toward B's feet.

to separate arm and turn again to continuous circle.

THE TAIJI DUEL



CHANGING-HANDS METHOD



1. B is forward with left foot and to draw and shoulder against B's left shoulder step back with right foot and A step forward with right foot. A, while stepping, turn 65° to right

and rotate and is aimed to B's forward force with left arm and at same time quickly raise right hand as though about to step B's feet.
2. B raise right arm to ward off A's hand and step back with right



foot. At same time turn body to right, to push foot rightward, and B's A is right to rotate, A's right arm with right hand and right elbow with left hand.

THE TAIJI DUET

推手



7 A leans with right foot and right hand forward and toward B's head.
8 B leans back with left foot and left hand toward A's head and toward A's right foot and outward palm.

9 A leans by B's pulling force, the forward with left foot, with a weight shift toward and toward right foot in center of B's left foot.



10 A leans with right foot and right hand and left hand and left hand toward B's head.



Steps 7-10 are the opposite of steps 1-4 using the left arm instead of the right. There is no contact, just using intention and pressure on the arms.



11 B leans forward and their left arm and shoulder against B's head.
12 A leans back with left foot and right arm toward and shoulder A's

shoulder back. As soon as their left hand touches as though about to step A's feet. A's left hand to pull B's left arm off to left. B



tilts with left arm and head of against A's head.
This exercise may be repeated and used over again in reverse.

EXERCISES TO PREVENT CERTAIN DISEASES PRINCIPLES

Exercises, if done properly, are good for health and can prevent some traditional Chinese diseases that are especially designed to prevent joint diseases. A section describing types of health exercises and their effects is also included.

The overall effects of these exercises are specific and beneficial to the joints, but since they are also beneficial in the Chinese text as having a beneficial effect on joint diseases and certain other diseases they are included here.

The effectiveness of the 10 therapeutic exercises for the body and joints upon every joint. The range of movements and positions is great, and the exercises are divided into sets and broken down into movements they are easy to learn. The most important and the exercises should be done daily. It is also helpful to ensure the breath is taken slowly. Forward and positions must be held steadily; body and joints should be held as much as possible and breathing should be synchronized with other body movements.

For an extension or qinggong as they are called often, are also a form of internal exercise. These exercises are able to perform exercises for the waist, back, and heavy

exercises after having received injuries will be disappointed. In this case, specific daily health exercises and postures are recommended to prevent complex diseases. Exercises are also recommended for preventing joint diseases that may not occur.

The exercises are simple to learn and easy to immediately recall. An important note is to maintain proper breathing techniques in the exercises and to ensure the breath is taken slowly. The exercises are simple to learn and easy to immediately recall.

Many of the exercises, such as those for the different ways of using your hands and feet, Chinese terms and their meanings are included. It is helpful to understand the meanings of the exercises. An important note is to ensure the breath is taken slowly and to ensure the breath is taken slowly.

The therapeutic value of the exercises is also mentioned. The techniques described in this book are commonly practiced in China and can easily be adapted to Western society.

練功十八法

THE 18 THERAPIES

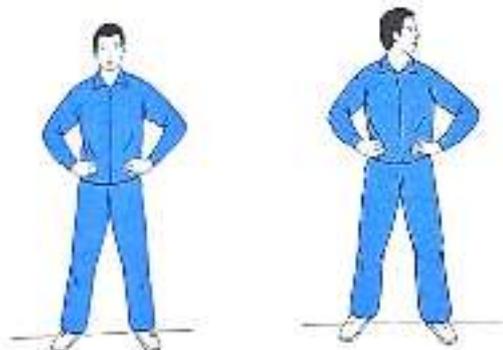
The 18 therapies actually involve 36 movements. The first three sets of exercises, with 18 movements, are designed to relieve or prevent pain in the neck, shoulders, waist and legs. The second three sets of exercises which also have 18 movements are ideal

for sufferers of arthritis and internal disorders. These exercises should be done slowly and in a continuous flow. Each has eight steps and when exercising it is often helpful to count the beats "one... two... three... four" in rhythm.

THE FIRST SET

This set of exercises relieves pain in neck and shoulders.

STRENGTHENING THE NECK



Preparation: Stand with feet apart at a distance slightly wider than shoulder width. Feet heels point in front.
1. Turn head to left as far as possible, following movement with eyes.
2. Return to preparatory position.
3. Turn head to right as far as possible, following movement with eyes.

- Return to preparatory position.
- Head bent over to neck at right.
- Return to preparatory position.
- Head bent forward to look at ground.
- Return to preparatory position.
- Repeat exercise two to four times, each time to a count of eight.

Points to remember

- When leaning and holding your legs keep straight.
- When lowering head lean back immediately with this.

Affected areas: Muscles in neck.

Physical effects: Relieves tension and pain in neck and relaxes stiff neck.

STRENGTHENING THE SHOULDERS



Preparation: Stand with feet apart at a distance slightly wider than shoulder width. Feet heels point in front and feet straight ahead.
1. Turn head to left and expand chest and neck over stretch fully and return head to right, following movement with eyes.

- Return to preparatory position.
- Repeat steps 1-2, but in opposite direction.
- Repeat exercise two to four times, each time to a count of eight.

Points to remember

- When expanding chest keep shoulders back.
- Keep elbows level.

Affected areas: Muscles in neck, shoulders, back and upper arms.

Physical effects: Relieves tension and stiffness in neck, shoulders and back and also stretches in arms. Relaxes chest area.

STRENGTHENING THE HANDS



Preparation: Stand with feet apart at a distance slightly wider than shoulder width. Feet heels point in front and feet straight ahead.
1. Turn head to left and expand chest and neck over stretch fully and return head to right, following movement with eyes.

- Return to preparatory position.
- Repeat exercise two to four times, each time to a count of eight.

Points to remember

- When raising arms expand chest and contract abdomen. Do not hold breath.

Affected areas: Muscles in neck and upper arms.

Physical effects: Relieves tension and stiffness in neck, shoulders, back and waist. Good for shoulder joints.

練功十八法

EXPANDING THE CHEST



Preparation Stand with feet apart at a distance slightly wider than shoulder width and arms hang in front of abdomen.

1. With hands still in front raise arms and keep eyes on hands.
2. Keep arms in side and waist in preparatory position.

Repeat exercise two to four times, each time to a count of eight.

Points to remember

- When raising arms keep head up, chest out and abdomen retracted.

Affected areas Neck, shoulders and waist.

Physical effects Strengthens shoulder joints, neck and back.

FLAPPING WINGS



Preparation Stand with feet apart at a distance slightly wider than shoulder width.

1. Bend arms and raise elbows high above shoulders, then touch with back of hands facing each other. At same time turn head to left.

2. Drop elbows, lift head up and look down slowly, return to preparatory position.

3-4 Repeat steps 1-2, but in opposite direction.

Repeat exercise two to four times, each time to a count of eight.

Points to remember

- When raising elbows do not swing shoulders.
- Relax wrists throughout exercise.

Affected areas Shoulders and chest.

Physical effects Strengthens shoulder joints and upper arms.

RAISING ONE ARM

Preparation Stand with feet apart at a distance slightly wider than shoulder width.

1. Raise left arm, palm up, keeping eye on back of hand. At same time bend right arm and hold hand behind back.
2. Return to preparatory position, keeping eye on left hand.
- 3-4 Repeat steps 1-2, but raise right arm and put left arm behind back.

Repeat exercise two to four times, each time to a count of eight.



Points to remember

- When raising arm keep it straight and follow hand with eye.

Affected areas When raising arm and turning up, palm, fingers in neck and shoulder are affected.

Physical effects Strengthens shoulder joints and relieves pain in neck, shoulder and wrist.

THE SECOND SET

This set of exercises relieves pain and stiffness in the arms.

STRETCHING WITH HANDS UP



Preparation Stand with feet apart at a distance slightly wider than shoulder width. Place hands on hips, thumbs, fingers interlaced at waist up.

1. Left hand, above head, with palm right ear and, with head on back and chest out, push up.
2. Bend arm and hand to left.

3 Repeat step 2.

4 Bring arm down to side and return to preparatory position.

5-8 Repeat steps 1-4, but in opposite direction.

Repeat exercise two to four times, each time to a count of eight.

Points to remember

- When pulling up line elbow and leg straight.

Affected areas Neck and waist and also shoulders, arm and fingers.

Physical effects Strengthens neck and shoulder joints and waist and keeps wrists and fingers straight.

PUSHING AWAY WHILE TWISTING



Preparation: Stand with feet apart at a distance slightly wider than shoulder width, feet at waist.

1. Tilt right foot and push forward, while turning body to right and left elbow and right arm are in line with each other. Keep eyes on left elbow.

2. Return to preparatory position.

3-4 Repeat steps 1-2, but in opposite direction. Repeat exercise ten to four times, each time is a count of eight.

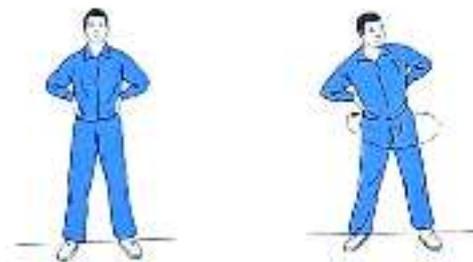
Points to remember

- When moving, feet, legs, feet and leg straight.

Affected areas: Waist, shoulders, neck and back.

Physical effects: Relieves stiffness in neck, waist and shoulders.

ROTATING THE PELVIS



Preparation: Stand with feet apart at a distance slightly wider than shoulder width, feet at waist, hands at hips.

1. Rotate pelvis clockwise in a count of four: "one, two, three, four."

2. Rotate pelvis counterclockwise in a count of four: "five, six, seven, eight."

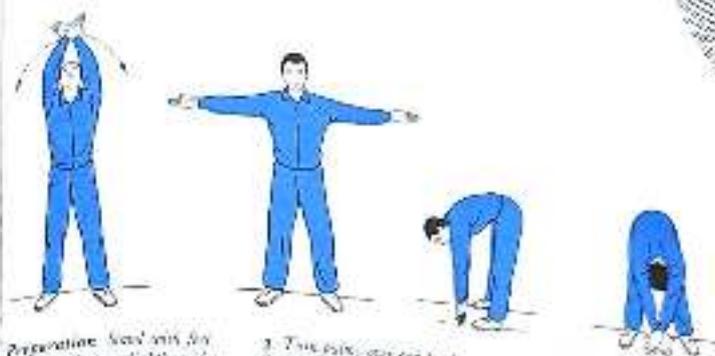
Points to remember

- When rotating pelvis start with a small circle and gradually expand it.
- Keep legs straight and feet still.
- Use hands to support body.

Affected areas: Waist.

Physical effects: Relieves stiffness in waist and sacrum.

ARMS AND WAIST



Preparation: Stand with feet apart at a distance slightly wider than shoulder width and feet at waist level.

1. Lift arms above head. Bend head and keep eyes on heels of hands, not too far abdomen contracted.

2. Lower arms to shoulder level.

3. Turn arms, one arm bent forward in waist around and legs.

4. Arms wide.

5-8 Repeat steps 1-4 and return to preparatory position.

9-12 Repeat steps 1-4 five times in a count of eight.

Points to remember

- Keep legs straight.

Affected areas: Waist and legs.

Physical effects: Relieves pain and stiffness in neck, back and waist.

TWISTING THE HAND WITH ONE LEG BENT, ONE LEG STRAIGHT



Preparation: Stand with feet apart, feet at waist.

1. Turn right and, keeping right arm straight, bend left knee. At once turn right foot and stretch hand down.

2. Return to preparatory position.

3-4 Repeat steps 1-2, but in opposite direction.

Repeat exercise ten to four times, each time is a count of eight.

Points to remember

- When doing step 1, legs are not straight.

Affected areas: Waist and legs.

Physical effects: Relieves stiffness and numbness in neck, waist, back, arms and legs.

THE 10 THERAPIES
TOUCHING THE FEET WITH HANDS



Preparation: Bend to attention.
1. Place hands in front of abdomen with fingers interlocked and palms facing up.
2. Left hand with palm up and arm straight.
3. Bend forward with both hands on feet.

4. Move to preparative position. Repeat exercise into it five times, each time in a count of eight.

Points to remember:
• When bending, feet and legs must be straight and arms as far as possible.

Affected areas: Waist, neck, ing, back and joints. When bending, waist and legs.

Physical effects: Relieves stiffness in waist, back and legs.

THE THIRD SET

The ten forms and others part in legs and legs.

ROTATING THE KNEES



Preparation: Bend forward and place hands on knees.
1. Rotate knees outward.
2. Return to preparative position. Repeat exercise five to five times, each time in a count of eight. Do

five right knee and shoulder and inward right knee and shoulder.

Points to remember:
• When rotating, knees and feet must be as large as possible.

Affected areas: Knees and ankles.

Physical effects: Relieves stiffness and prevents weakness in knees and ankles.

THE 15-DEGREE TURN
THE 10 THERAPIES



Preparation: Stand with feet apart, arms holding waist and hands below feet.
1. Turn right knee and turn body to right in a 15-degree angle.
2. Move to preparative position.
3. Repeat exercise and turn body to left in a 15-degree angle.

4. Repeat step 2. Exercise exercise into it five times, each time in a count of eight.

Points to remember:
• When bending, feet must be straight and arms as far as possible.

Affected areas: Hips and leg muscles.

Physical effects: Relieves stiffness in waist, hips, knees and leg ankles.

SQUATING



Preparation: Bend to attention.
1. Feet forward, place hands on knees and legs straight.
2. Squat and stand in level.
3. Feet back on top of feet and straight legs.
4. Move to preparative position.

Repeat exercise into it five times, each time in a count of eight.

Points to remember:
• When bending, knees and feet must be straight and arms as far as possible.

Affected areas: Waist, ing, legs and knees. When straightening, ing and legs.

Physical effects: Relieves stiffness in legs, knees and hips.

BENDING AND STRETCHING



Preparation Stand with legs shoulder-width apart
 1. Bend forward. Place right hand in left knee; keep legs straight.
 2. Bend knees slightly. Lift left hand above head, palm up, and keep eyes in front of head.
 3. Straighten legs and place left hand on right knee.
 4. Return to preparatory position.

5-8 Repeat steps 1-4, but in opposite direction.
 Repeat exercise two to four times, each time to a count of eight.

Points to remember
 • This exercise may be done again and again without a break by repeating step 1, but in opposite direction after step 3.

• When bending, lower the torso first and keep upper body straight.

Affected areas Neck, shoulders, waist and leg muscles.

Physical effects Relieves joint and stiffness in neck, shoulders, waist and legs.

CLASPING THE KNEE TOWARD CHEST



Preparation Stand in attention.
 1. Step forward with left foot and, keeping right foot off ground, shift weight to left leg. At once raise left knee above knee with palm facing and above; keep toes back and feet flat.
 2. Raise right knee and keep same as one. Clasp knee tightly to chest; then cut legs left leg straight.

3 Repeat step 1.
 4 Return to preparatory position.
 5-8 Repeat steps 1-4, but in opposite direction.
 Repeat exercise two to four times, each time to a count of eight.

Points to remember
 • When claspng knee toward chest, keep supporting leg straight and steady.

Affected areas Legs and torso.

Physical effects Relieves stiffness in hips and legs; increases flexibility of joints.

THE HERD'S STROLL



Preparation Stand straight, feet at sides.
 1. Step forward with left foot, head first. Shift weight to left leg and lift right leg off ground.
 2. Lean right knee toward right knee slightly and shift weight to right leg. Lift left foot so that only heel is touching ground.
 3-4 Repeat steps 1-2, but change leg used.
 5 Shift weight to right leg and lift left leg off ground.

6 Shift weight back to left leg, bend left knee and lift right foot so that only heel is touching ground.
 7 Straighten left leg, step back onto right foot and bend right knee slightly. Shift weight to right leg.
 8 Return to preparatory position.
 Repeat exercise two to four times, each time to a count of eight.

Points to remember
 • Keep upper body straight throughout exercise.

• When stepping forward, lean back, keep head upright and chest open.

Affected areas When weight is on left leg, muscles in left leg and right ankle are felt. When weight is on right leg, muscles in right leg and left ankle are felt.

Physical effects Relieves stiffness in legs and torso and loosens up core and ankle joints.

THE FOURTH SET

(1) in silence and present pay in leg one six joints.

HORSE RIDING

Preparation Stand with feet apart in a distance slightly wider than shoulder width, feet at sides.
 1. Bend knees and crouch to a depth of 45 degrees. At once draw torso back, eyes flat and throat open, palm forward with middle fingers touching each other.
 2. Bend to preparatory position.
 Repeat exercise two to four times, each time to a count of eight.



Points to remember
 • When crouching, palms forward, feet apart to end, keep arms straight or slightly bent.

Affected areas Waist and thighs.

Physical effects Relieves stiffness in arms and legs and especially knees.

SQUATTING WITH CROSSED LEGS

Preparation Stand and feet apart at a distance equal to the double width of the feet.
 1 Turn body to left and right by one leg and squat. At each time, pull left foot out to left and one foot to right.
 2 Return to preparatory position.
 3 Repeat steps 1, 2, but opposite direction.



Repeat exercise two by two times each time at a count of eight.

Points to remember

- When squatting keep legs straight and steady.

Affected areas Legs and arms.

Physical effects Relieves stiffness in neck, back and all joints.

SEARCHING UP AND DOWN, LEFT AND RIGHT



Preparation Stand straight, feet at usual, palms up.
 1 Turn body right and left about each eye following back of hand.
 2 Turn body to left at a 90-degree angle.
 3 Bring right hand down along left side and hand forward to each side of left foot.
 4 Turn body to right side.

peating right palm over top of both feet and side of right eye return to preparatory position.
 5 Repeat steps 1, 2, but in opposite direction.
 Repeat exercise two in four times, each time at a count of eight.

Points to remember

- When bending forward keep arms straight.

Affected areas Shoulders, arms, waist and legs.

Physical effects Relieves pain and stiffness in neck, shoulders, waist and legs.

TWISTING THE BODY AND LOOKING BACKWARD

Preparation Stand with legs wide apart, feet at usual.
 1 Turn body to left and with right leg straight and left leg bent, lead with left shoulder. At each time, stretch right arm up, palm facing out, legs right arm and leg in straight line.
 2 Return to preparatory position.
 3 Repeat steps 1, 2, but in opposite direction.
 Repeat exercise two in four times, each time at a count of eight.



Points to remember

- When doing steps 1 and 2 keep right leg straight and heel on ground.

Affected areas Neck, shoulders, waist and legs.

Physical effects Relieves pain and stiffness in neck, shoulders, waist and legs.

STRETCHING THE LEGS



Preparation Stand with legs wide apart and hands at waist, thumbs pointing back.
 1 Lift left leg and touch heel against right and stretch leg slowly.
 2 Return to preparatory position.
 3 Repeat step 1, but with right leg.

4 Return to preparatory position. Repeat exercise two a few times, each time at a count of eight.

Points to remember

- Keep upper body even and avoid to over force.

Affected areas Legs.

Physical effects Relieves pain and stiffness in thighs and knee joints.

KICKING THE SHUTTLECOCK



Preparation Stand straight, feet at usual, thumbs pointing back.

1 Lift left leg and kick up.
 2 Lift right leg and kick up.
 3 Lift left knee and kick sideways.

4 Lift right knee and kick sideways.



5 Lift left leg and kick forward.
 6 Lift right leg and kick forward.
 7 Bend right leg and touch heel.
 8 Bend right leg and touch heel.
 Return to preparatory position after each step.
 Repeat exercise two in four times, each time at a count of eight.

Points to remember

- Keep leg that is not striking straight and steady.
- When touching back knee and heel stretch knee to heel and it is a sign that it cannot be kept straight with ground.

Affected areas Thighs and legs.

Physical effects Relieves pain and stiffness in hip, knee and joints.

THE 18 THERAPIES
THE FIFTH SET

Put on pants and shoes from either end of the set.

PUSHING AWAY



Preparation Stand with feet apart at a distance slightly under than shoulder width with feet at arms.

1. Clench fist and with palms up and middle fingers pointing at each other, stretch arms as straight as they long go, as back of hand.
2. Return to preparatory position.
3. Clench fist and stretch arms in the side, palms facing out. At same

time turn body to left, keeping eyes on back of left hand.

4. Repeat step 1.
5. Repeat step 3, but in opposite direction.
6. Repeat step 2.
7. Clench fist, stretch arms into side, palms facing out, and feet ahead.
8. Return to preparatory position. Repeat exercise two to four times, each time in a count of eight.

Points to remember

- When raising arms keep a straight and do not move feet.

Affected areas Neck, shoulders, elbows, wrists and fingers.

Physical effects Relieves tension, elbow and stiffness in fingers, wrists, neck, shoulders and spine.

ARCHERY



Preparation Stand in attention.

1. Step on left and move hands in front of chest.
2. Bend knees to assume a bow-making position. At same time stretch left arm - palm out to left, and pull right elbow to right, fist facing ground. Keep eyes on back of left hand.

3. Straighten legs and your back, hands down.

4. Return to preparatory position.
- 5-8. Repeat steps 1-4, but in opposite direction.
- Repeat exercise two to four times, each time in a count of eight.

Points to remember

- When doing steps 1 and 2 expect chest and keep shoulders square.

Affected areas Forearms, wrists and fingers.

Physical effects Relieves tension, elbow and stiff fingers.

THE 18 THERAPIES
STRETCHING ARMS AND TURNING WRISTS



Preparation Stand with feet apart at a distance slightly under than shoulder width, feet at arms.

1. Clench fist and stretch arms up, palms facing each other and eyes looking up.
2. Clench fist and turn wrists out; keep arms in same and return to preparatory position. Repeat about ten times one or twice, each time in a count of eight.
3. Clench fist and stretch arms out, palms facing out, left arm

right hand, left arm out and eyes looking up.

4. Clench fist, turn wrists so that fist are back to back and hand elbows in long arms fist to joint below, wrists down.
5. Return to preparatory position. Repeat exercise two steps at a time, one in each arm, each time in a count of eight.

Points to remember

- When lifting arms up expect feet.

Affected areas Wrists, elbows, shoulders and arms.

Physical effects Relieves tension, elbow and pain in wrists, fingers and shoulders.

STRETCHING ARMS FORWARD AND BACKWARD



Preparation Stand with feet apart at a distance slightly under than shoulder width, feet at arms.

1. Clench right fist and stretch hand up with thumb extended. At same time stretch left fist back and up, fist to back of feet.
2. Return to preparatory position.
3. Repeat step 1, but change hands.
4. Return to preparatory position. Repeat exercise two to four times, each time in a count of eight.

Points to remember

- When doing step 1, feet arms into straight line with shoulders stretched.

Affected areas Shoulders, arms, elbows, fingers and chest.

Physical effects Relieves tension, elbow and pain in wrists, fingers, shoulders, waist and back.

THE 18 THERAPIES
PUNCHING IN A HORSE-RIDING POSITION



Preparation Stand with feet apart in a distance slightly more than shoulder width, feet at level. 1. Bend knees to assume a horse-riding position. At same time draw left leg forward, palm down. 2. Drawback leg, toes palm up and return to preparative position.

1st Repeat steps 1 to last with right leg. Repeat exercise ten to five times, each time in a count of eight.

Points to remember
 • Keep feet extended throughout exercise.
 • Thumbs flat, forward.

Affected areas Arms, wrists, fingers and legs.

Physical effects Relieves wrist, elbow and pain in wrists, fingers, neck, shoulders and waist.

TWISTING THE BODY TO LEFT AND RIGHT

Preparation Stand straight with feet apart in a distance slightly more than shoulder width. 1. Turn upper body to left, open right hand and push left shoulder with thumb down, place back of left hand against back of waist and look over left shoulder. 2. Return to preparative position. 3-4 Repeat steps 1-2 but in opposite direction. Repeat exercise ten to five times, each time in a count of eight.



Points to remember
 • When twisting shoulder with one hand do not raise elbow and leg for all.
 • Do whole exercise slowly and turn body as far as possible.

Affected areas Neck, shoulder, elbows and wrists.

Physical effects Relieves torso, elbows and pain in shoulder, back and waist.

THE 18 THERAPIES
THE SIXTH SET

(All of points and arms straight, if instead crossed)

RUBBING THE FACE



Preparation Stand straight with feet apart in a distance slightly more than shoulder width, arms straight, feet at level. 1. Draw hands from stomach, if possible, up to eye level in a horizontal line over one hand over the face with outside movement of hand. 2. And the 2nd moving palm upward and the hand flat on back. Repeating palm down back of feet, other side to face. Repeat exercise 10 to 5 times.

3. Place both palms upon forehead, look straight ahead and lift palm and fingers. If not right hand, the second hand and other fingers of left hand up to eye level. Change hands and other movement 10-50 times.

Points to remember
 • When rubbing face, not hand on forehead.
 • When rubbing hand and thumb, draw out and movement.

Affected areas Face and area between, throat and inner finger.

Physical effects Relieves insomnia, respiratory, indigestion, diarrhea and stomach disorders.

MASSAGING CHEST AND ABDOMEN

Preparation Stand with feet apart in a distance slightly more than shoulder width. Place right hand upon upper abdomen and left hand on top of right knee. 1. Massage upper abdomen, right knee with small circular movements. Massage over lower abdomen, other right knee with large circular movements. 2. Massage lower abdomen, feet in specific direction, feet with large feet with small circular movements.



Points to remember
 • Arms and feet with light touch movements.
 • Low straight down.

Affected areas Massage through stomach in clockwise and counter-clockwise, which brings relaxation and comfort to stomach.

Physical effects Relieves indigestion, respiratory and circulatory and also reduces pain in waist and back.

COMBING SCALP



Preparation: Stand straight with feet apart at a shoulder width, with toes directed north.
 1. Bend top of head back, with right hand, two fingers in front, palm back, of left hand against lower back.
 2. Tilt body toward left and use fingers through hair to work head.
 3. Move right palm up against

right side of head, leaving right ear, and it reaches left side of forehead. It now slides down head and back to right.
 4. Return to preparative position.
 5-8. Repeat steps 1-4, but in opposite direction.
 Repeat exercise ten to four times, each time in a count of eight.

Points to remember:
 • Press lightly, hair, firmly against head.
 • Do exercise slowly and in a continuous flow.
Affected areas: Head and neck.
Physical effects: Alleviates dizziness, blurred vision, tinnitus and palpitation.

LIFTING THE KNEE

Preparation: Stand in attention, feet at about palm up.
 1. Shift weight to left foot and lift right knee. It now has reached feet and arms start bent back and left left hand up, palm up, lifting eye to end of head.
 2. Return to preparative position.
 3-4. Repeat steps 1-2, but in opposite direction.
 Repeat exercise ten to four times, each time in a count of eight.



Affected areas: Neck, shoulders, arms, back, waist and legs.
Physical effects: Good for weak spine, stomach and also indigestion.

Points to remember:
 • When lifting knee keep legs straight and stretch arms as far as possible.

BENDING AND TWISTING



Preparation: Stand with feet apart at a distance slightly wider than shoulder width, feet at width of a hand, feet and ankle points up, middle finger pointing at north, the right arm up, toward eye, the left arm, out, palm back of hand, thumb in front.
 1. Tilt body toward left and back, not following movement.

2. Return to preparative position.
 3. Bend forward.
 4. Bend forward.
 5. Bend back.
 6. Return to preparative position.
 Repeat exercise ten to four times, each time in a count of eight.

Points to remember:
 • When twisting, two legs bent for all.
 • When bending forward and back, feet must be straight.

Affected areas: Neck, shoulders and waist.
Physical effects: Good for kidney, diabetes and relative pain in back and waist.

STRETCHING ARMS AND EXPANDING CHEST



Preparation: Stand straight with feet apart at a shoulder width.
 1. In one motion, stretch arms and chest to preparative position.

2. In one motion, stretch arms and chest to preparative position.

Points to remember:
 • Stretch actively and gently.
 • When stretching, stretch right arm.

Affected areas: Chest, neck and shoulders.
Physical effects: Helps prevent disease in respiratory and digestive systems.



气功 BREATHING

breathing exercises, also now known as qigong, are uniquely Chinese and traditionally used as a form of preventive medicine. Qigong literally means air or energy, and many means exist to strengthen it. A belief of traditional Chinese medicine that breathing exercises can skillfully combine the 36 main channels and bioenergies into a vital force that can cure diseases and improve life health.

There are three main aspects of qigong all of which are equally important: body posture, breathing and mind control. They must all be mastered in order to achieve good health and to prevent and cure diseases.

Qigong is especially useful in curing chronic diseases and in cardiovascular, high blood pressure, muscular atrophy, collapse of the stomach, menstrual stress and constipation. The following three reasons may explain why:

1. Qigong speeds the recuperation of one's constitution, as slow healing method induces one's psychologically rigid state to return to a more comfortable condition and this is perhaps why qigong is so beneficial to ailments of neuro-athemia, high blood pressure and stomach ulcers.

2. Qigong helps one restore energy and is therefore beneficial to ailments of chronic diseases and those who are physically weak.

3. Qigong's abdominal breathing method massages abdominal organs and this type of rhythmic massage activates the stomach and intestines and therefore enhances the digestive system. It therefore helps to cure precancer of the stomach and constipation.

The following rules must be adhered to in order to master qigong.

1. Relax body and mind. Loose posture in a natural state and do not wear tight clothes. Relax all muscles especially in the lower abdomen area and extremities. Keep your mind free of worry and do not do too many or light exercises.

2. Try to control your mind and regulate your breathing by concentrating on the rhythm, length, volume and speed of each breath. Try and reach a quiet mental state, and when regulating breathing you must be aware of the meaning of the following seven words: fine, deep, long, slow, steady, unforced and even.

3. Supplement qigong with other physical exercise so as to obtain the fullest possible benefit from this physically inactive breathing exercise.

4. Proceed in an orderly way, step by step, and be patient. Start with the easy movements and gradually move on to the more difficult. Enter the quiet state slowly and at the beginning spend only 15-20 minutes on these exercises. The time can be lengthened later.

5. Spend about 10-15 minutes preparing yourself before doing qigong - stop reading or any other mental activities, and relieve yourself. Make sure that you are neither hungry nor full and avoid qigong if you have a fever, diarrhoea, a cold or are in any way unwell.

The three most popular qigong methods in China today are fangsong gong (relaxation), qigong shuang gong (strength), and xingyuan gong (inner growth).

FANGSONG GONG RELAXATION

Posture: Lie down on back with a large, soft pillow under head and shoulders. Relax arms and legs, close your eyelids and relax mouth and upper and lower teeth, relaxing neck, nape and tip of tongue resting behind upper teeth.

Breathing: Breathe through nose fairly, evenly and steadily.

Mind control: If you are over the quiet state, think of the word "quiet" when breathing in and think of



BREATHING

the word "quiet" when breathing out. It is to be done continuously with a rhythm of five in and five out. Do qigong once there is time to do so, but not to exceed 10-15 minutes. Do not breathe when you are eating, drinking, or in a busy or excited state.

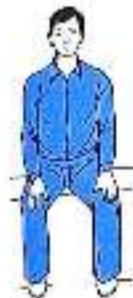
Frequency and duration: It is recommended that you do qigong once there is time to do so, but not to exceed 10-15 minutes. Do not breathe when you are eating, drinking, or in a busy or excited state.

Points to remember:
• Do not force or hold your breath.
• Do not breathe when you are eating, drinking, or in a busy or excited state.

Physical effects: Good for relief of chronic diseases.

QIANGHUANG GONG STRENGTH

Posture: Sit or stand with feet together, arms hanging straight down.



Sitting cross-legged: Sit cross-legged on a chair or on a mat on the floor. Keep your back straight, your feet together, and your arms hanging straight down. Do not force your feet.

Together, sit cross-legged, with feet together and arms hanging straight down. Do not force your feet.

Sitting upright: Sit upright on a chair or on a mat on the floor. Keep your back straight, your feet together, and your arms hanging straight down. Do not force your feet.



Standing upright

Standing upright

Standing: Stand with feet together, arms hanging straight down, and your back straight. Do not force your feet.

Stand with feet together, arms hanging straight down, and your back straight. Do not force your feet.

BREATHING

Breathing *Diaphragm contracts, chest rises and ribs rise then relax and breathe in and out and do it gently, slowly and steadily. The air also passes abdominal breathing by expanding abdomen when breathing in and contracting abdomen when breathing out. Breathing should gradually become longer and deeper until you are self-breathing in to eight times a minute.*

Mixed control *Concentration on lower abdomen area by using either the standing or the seated method.*

For the standing method, chest rises and breathes in for each inhalation and relax for each exhalation. Chest is up and then relax. Do work on distracting thoughts arise when in the seat and then in seat again. The seated method in your concentration ride in the state of your breathing and try not keep out distracting thoughts. Once you have gained concentration, concentrate on the lower abdomen area. Waist is about 15 to 15.2 cm. below navel. Let your concentration feel low and if distracting thoughts arise, bring your concentration back to this area.

Physical efforts *Good for patients of neurasthenia, high blood pressure, emphysema and heart disease. It also puts emphasis on control of mind in order to achieve the quiet state.*

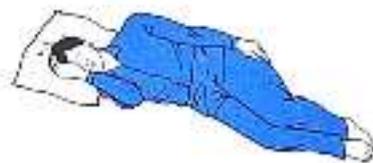
The following chart is a specially designed schedule for overburdened patients interested in practicing qingzhuang gong.

QIANGZHUANG GONG PRACTICING SCHEDULE

STAGE	First stage (1st week)	Second stage (2nd-4th week)	Third stage (After 4th week)
POSTURE	Sitting upright	Sitting cross-legged	Sitting or standing
BREATHING	Natural breathing	Deep abdominal breathing	Deep abdominal breathing
MIND CONTROL	Counting method	Natural method	Concentration on lower abdomen
FREQUENCY AND DURATION	3-4 times a day, each 15-20 minutes	3-4 times a day, each 30 minutes	3-4 times a day, each 30-45 minutes
POINTS TO REMEMBER	Keep posture correct. Breathing should be fine, even and steady. Diaphragm during through.	Breathing should be longer, deeper and reaching down to area of lower abdomen. Begin to attain quiet state. Concentration should be easier.	Breathing should be fur, deep, long, slow, even, steady and unhurried. Achieve quiet state. Body should feel heavy and be growing stronger.

BREATHING

NEIJANG GONG INNER GROWTH
When lying on the back or sitting, keep the head in a slight curve.



Lying on the side *Lie on right or left side, head slightly raised and feet slightly raised. Keep the head and neck in a slight curve. The feet should be slightly raised and the hip slightly raised.*

Lying on the back *Lie down on back with a slight curve in the head and shoulders. Relax the neck and shoulders. Relax the feet and the hip and the hip. Relax the feet and the hip and the hip.*

Sitting upright *Be upright in a sitting posture. Relax the head and shoulders. Relax the neck and shoulders. Relax the feet and the hip and the hip.*

Keep the head, neck and shoulders in a slight curve. Relax the neck and shoulders. Relax the feet and the hip and the hip.

Breathing *Diaphragm contracts and relaxes. Chest rises and falls. Relax the neck and shoulders. Relax the feet and the hip and the hip.*

Relax the neck and shoulders. Relax the feet and the hip and the hip. Relax the neck and shoulders. Relax the feet and the hip and the hip.

If you are in a seated posture and it is not convenient to the number of breaths you should take. The mind should be relaxed and the body should be relaxed. Relax the neck and shoulders. Relax the feet and the hip and the hip.

Physical efforts *It is possible that patients in a seated posture should be in a seated posture. Relax the neck and shoulders. Relax the feet and the hip and the hip.*

UP AND DOWN BREATHING EXERCISE

The exercise, which requires great concentration, is included as a special qingzhuang gong exercise.



Preparation: Stand at attention and relax the body. Relax the neck and shoulders. Relax the feet and the hip and the hip.

BREATHING

气功



1. Stand arms slightly and one or two above head with palms inward. Then breathing in as far as you can to raise arms and



continue to do so until both arms are straight above head. 2-3. Bend knees, breathe out and feet to open. While exhaling keep torso



upright and at same time lower arms in front of body and keep wrists so that hands go up



4. Bring knees down beside legs. 5. Stand up, raise arms and breathe in deeply. Repeat exercise ten or eleven times.

Variations: When standing up, raising arms and breathing in, turn body either to left or to right.

Points to remember

- Movements must be slow and fairly gradual.
- Breathing must be as far, long and even as possible.



Physical effects: Helps to prevent high blood pressure, rheumatism and other chronic diseases. By incorporating physical movement it also enhances blood circulation, digestion, improves function of lungs and strengthens muscles in the chest and abdomen.

眼睛保健操 EYE EXERCISES

The air designed for those who spend most of the working day sitting down and doing close work. This includes writing, engineering, watch repairing, artists and many similar workers.

The Chinese terms for acupoints points are meridians and the areas to be rubbed by the hands and to pressure with fingers to stimulate acupoints such as eye, liver, kidney.

PRESSING AND RUBBING ZHENG-GUANG POINTS



Use both hands. Bend forefinger and middle finger and rest them on forehead. Press and rub along



going from gently under eyebrows with your thumb. Repeat exercise eight times, each



time in a count of eight. This method leads to first face, but cannot surely fix the face.

SQUEEZING AND PRESSING JING-MING POINTS



Use thumb and forefinger of right hand to rest hand to press and press Jing-ming points between



eyes and under base of nose. Press above this exercise 30



Repeat exercise four times, each time in a count of eight, alternating left and right nostrils.

EYE EXERCISES

PRESSING AND RUBBING SURROUNDING POINTS



Place forefinger and middle finger of both hands on each side of nose. Use thumb to support chin. Bury middle

finger on inner and rub in-out point just below eye with forefinger.



Rubbed evenly right down, then left to a point of right. Rub toward inside and outside alternately.

RUBBING AROUND THE EYE SOCKETS



Place first against eyebrow and thumb against temple. Rub around eye sockets with middle joint of

forefinger. Rub above eye along eyebrow, then below eye. Repeat evenly right down.



resting it rub above and below the eye alternately to a point of right.

EYE EXERCISES

MASSAGING FENG-CHI POINTS



Use hand on back of head, with thumb pushing against forehead point. The action shifts under

occipital bone. Massage points with thumb. Repeat entire four times. One time is a count of eight.

Reverse motion massage toward inside and outside.

Then you have completed the first section close eyes and relax slowly until you sleep. Open eyes, look far distance and repeat to right eye for three.

Points to remember

- When massaging, the action goes and as not too intense force.
- Move finger first, but gently.
- Use thumb, clean and loose, gentle movement.
- Do exercise regularly at least once or three times a day.
- Close your tightly during exercise and look far sightly forward.
- Don't sleep eyes close.

防治按摩 SELF-MASSAGE

Some self-massage exercises require a thorough knowledge of acupuncture points. A few basic techniques which may be done long, slow or sitting up are explained here and if done regularly either in the morning or at night they can greatly improve one's general health.

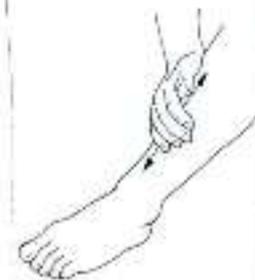
The main effects of self-massage are that it regulates the nervous system and helps to relieve or even prevent pain; that it builds up resistance to disease by increasing blood circulation and that it limbers up muscles and blood vessels and helps swelling to go down.

TECHNIQUES OF SELF-MASSAGE

Shi Massage can be done in the different ways and either hands or fingers can be used. Study the method carefully and learn to close a circle.



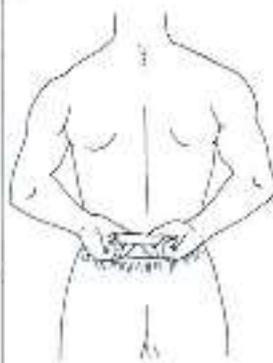
Yin Press and rub skin at responsive points with fingers or palm.



Ca Rub skin at responsive points with fingers or one palm.



Hou Rub skin at responsive points with fingers or palm.



Niu Hold muscles or ligaments with thumb, forefinger and middle finger.



Qin Press responsive points. Rub with fingers or finger.



Zhi Press responsive point head with one finger.



Zhuo Chest muscles with all five fingers.

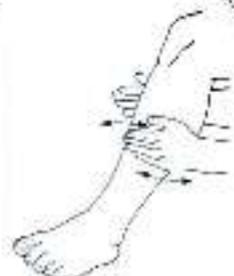
SELF-MASSAGE



He Rub and pull up muscles with five fingers.



Kou Press leg or body with palm or fist.



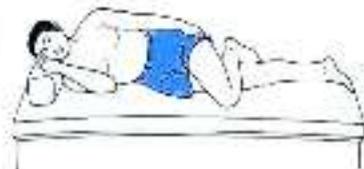
Guo Rub any part of body with one hand or both hands.

治按摩

FIVE EXERCISES TO BE DONE LYING ON THE BED

LIVING ON THE SIDE

Two exercises are best done in the side lying position.

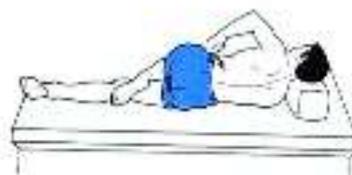


1 Lie on right side, bend right arm and left arm at right angle. Turn right leg straight, bend left leg.



2 Breathe deeply three or five times and do a few dozen times with left hand then toe (press and back) toward nose - abdomen. Breathe usual.

3 Sit up on bed, lean on (head) and hold a few dozen times.



4 Sit up and toe (press) back part of neck with base of left palm 4 to 5 dozen times.

5 Sit up, but lie on left side.

Physical effects: Stimulates large and small intestine, liver, spleen and kidneys and also helps prevent difficulty in urinating and other complications.

LYING ON THE STOMACH



1. Lie on stomach, bend up right hand on pillow and head to left. Breathe deeply three or four times.

2. Place hands, palms up, under stomach and rub five or ten minutes. Repeat this exercise hourly.

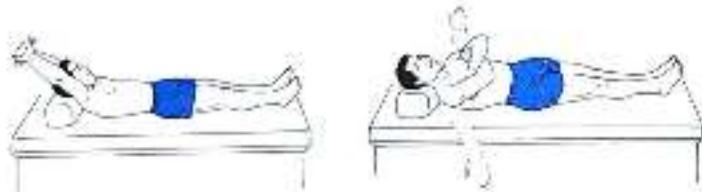
Apply also to the area of the feet.



3. Rub the stomach with fingers and feet as in drawing and finally, rest of hand a few days over with both hands.

Physical effects: Regulation functions of internal organs.

LYING ON THE BACK

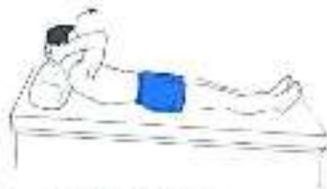


Preparation: Lie on back with arms and legs straight and breathe deeply three or four times.

1. Lift arms above your head.

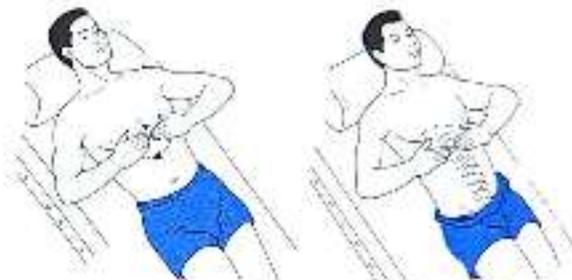
2. Place hands with fingers interlocked and palms facing out. Breathe deeply three or four times and return arms to rest.

3. Place arms in side and breathe (in) three times in front of chest and breathe out. Repeat movement three or four times.



1. Lift back of head with fingers interlocked and head bent forward a few days under treatment.

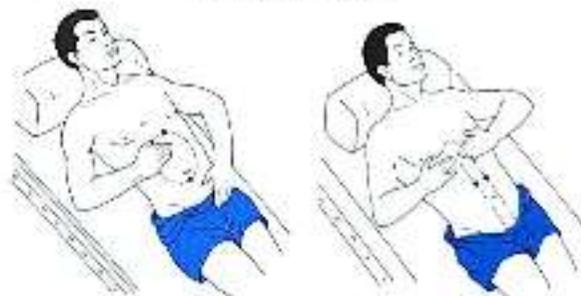
Repeat in this position for a moment then return head to rest.



4. Using five fingers of both hands, rub (down) all of stomach vertically 20 to 30 times.

5. Use (down) strokes using five fingers of both hands and in small circles three or four times.

Also used to area below neck on a few days.



6. Use (down) line and parallel line, plus left hand on right hip and use abdomen area clockwise with right hand on 2 to 30 days.

7. Using five fingers of one hand press and rub back in one direction up of stomach and neck lower on 10 to 20 times.

Physical effects: Invigorates function of spine, stomach, liver and gallbladder; can also aid digestion, relieve bronchitis, promote sound and deep sleep.

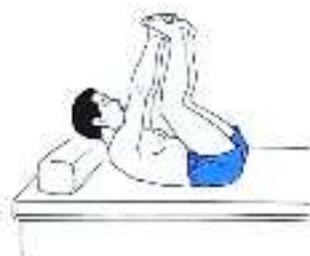
BENDING LIMBS



Preparation Lie on back.
1. Breathe deeply, bend right knee and press it close to chest with both

hands. Repeat movement with left leg and then repeat again three to five times with each leg.

2. Bend both knees and press them close to chest with both hands.

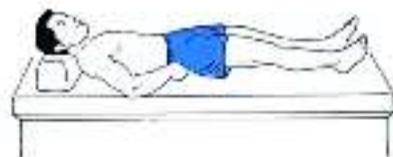


3. Bend legs and knees. Add wrists and straighten legs as much as possible.
4. Bend legs and knees. Add wrists

of feet free inside and raise upper body. Remain in this position for a moment then repeat movement three to five times.

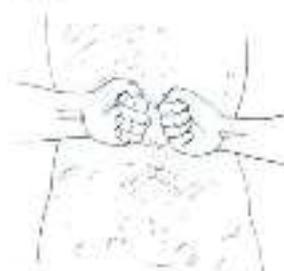
Physical effects Stimulates blood circulation and relaxes muscles and joints.

LYING CUSHIONED ON THE BACK



Preparation Lie on back using feet to cushion head.

1. Curl toes of feet with feet and breathe deeply three to five times.



1. Curl toes upward, just below waist, with feet and breathe deeply three to five times.
2. Curl toes out of spine with feet

and breathe deeply three to five times.
3. Curl toes upward with feet and breathe deeply three to five times.

Physical effects Improves function of internal organs.

TWELVE EXERCISES TO BE DONE SITTING ON THE BED

These exercises should be done at night or in the morning. After all of the muscles may be exercised.

HEAD AND FACE



1. Use (index) palms until warm. Wig wags (index) finger until it is hot.

2. Use (index and middle) cushions and eye sockets.

3. Use (index and middle) back side of nose with fingertips.



4. Use (index or middle hand) against (index and middle) eye socket, thumb and forefinger.

Repeat each movement a few dozen times.

5. Close mouth and clench teeth as far as they will go. Relax and repeat.

SELF-MASSAGE



6. Touch scalp with fingers from forehead down to nape of neck.



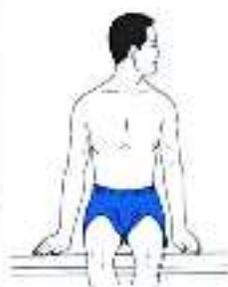
7. Press fingers over forehead with middle fingers along top arch of eyebrows with fingertips a few days later.



8. Tilt and rub throat, massage over forehead, throat, neck and upper chest one or both hands a few days later.

Physical effects Promotes clear eyesight, sharp hearing, improved senses and a healthy complexion.

BACKWARD GLANCE



Roll head as far, use hand held as far as possible behind shoulder with eyes fixed looking up, then looking down. Alternate sides and repeat a few days later. The same exercise can be done with arms raised to the side at shoulder level.

Physical effects Strengthens neck muscles and improves eyesight.

LOOSENING UP ELBOWS



Head forward, turned chest and move elbows forward, backward and sideways.

Physical effects Strengthens arms and elbows.

POUNDED FISTS



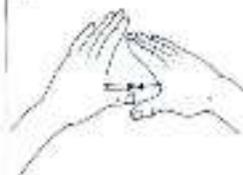
1. Good fists made over good base of palms against each other. Press back of wrists against each other.

2. Press thumb down against each other.

3. Press little finger down against each other.

Physical effects Prevents numbness, palms and fingers.

MOVING FINGERS



1. Spread thumb out and let fingers together. Push into fingers inward and finger a few days later.



2. Fingers narrowed and finger tip touches a few days later.



3. Clench right hand tightly and let palm and back of left hand alternate back and forth several a few days later.

Physical effects Increases numbness of fingers and prevents numbness and pain.

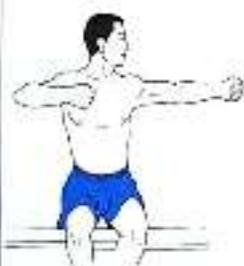
MAKING GRABBING GESTURES



Draw up in front with right arm, then left arm over as same with hand movement a few days later, alternating arms and breathing deeply. The exercise can also be done with both arms reaching out at once too.

Physical effects Promotes all sorts in arms and shoulders and regulates heart, lungs, liver and gallbladder.

BOW DRAWING



Draw bow, until till arm extended and right arm into body at shoulder level as though holding a bow and arrow.

Change arms and repeat exercise a few days later, alternating arms and keeping eyes on one that is stretched out and bow to deep.

Physical effects Increases strength in shoulders and arms and excites ribs.

THE SINGLE ARM LIFT



Stretch right and raise right arm over head, palm up and fingers inward. Change arms and repeat exercise a few days later.

Physical effects Strengthens joints and regulates spine and stomach.

PATting SHOULDERs AND WAIST



Use left hand to pat right hand and so vice versa for right side of neck, left and back of left hand. Repeat exercise a few dozen times, alternating hands.

Physical effects Prevents ailments in waist and shoulders.

SWAYING



Breathe deeply, place hands on knees and sway upper body from left to right in a circle a few dozen times.

Physical effects Lightens up chest, abdomen and spinal column and also (increases) energy.

SELF-MASSAGE
KICKING THE AIR



Good exercise and sleep time close to body. Kick up and straighten leg. Repeat exercise a few dozen times, alternating legs.

Physical effects Strengthens waist and legs and helps digestion.

PULLING TOES



Spread legs, feet together, and bend forward to hold feet. Repeat exercise a few dozen times.

Physical effects Strengthens back, waist and kidneys.

浴
BATHS

Baths are of great therapeutic value both to the body and to the mind. They help to stimulate the blood circulation and also to tone up the nervous

system. There is completely different ways of taking a bath are described here. They are cold baths, air baths and sun baths.

COLD WATER BATHS

Always accustomed to cold water. Start and start by just dipping parts of your body.

FACE BATHS

Begin by washing your face with cold water under the weather is warm. After washing your face with your face, nose, head and neck vigorously with both hands until they are cold. Bring out a towel to rub your face and use it to rub your face, nose and neck. Then take a deep breath, tilt your face into cold water and breathe out in the water. Repeat every three and five rub your face, nose and neck with a sponge out, wet towel.

Physical effects Stimulates blood circulation, prevents colds and causes insomnia.

FOOT BATH

Begin by using warm water and gradually decrease the temperature of the water until it has dropped to 15°C (59°F). In the afternoon and evening decrease the temperature of the

water again until it drops to 10°C (50°F). Before taking a foot bath rub your feet until they are warm, then dip feet into warm and cold water alternately with each other. Soak your feet in the water for a few minutes, dry your feet with a towel and do some foot exercises to warm up.

Physical effects Has positive effects on whole body.

RUBBING BATH

Soak a towel in cold water, then wring out water and rub all parts of your body with the towel. Soak the towel completely in cold water so that it retains its moisture. Dry yourself with a dry towel and rub your whole back as well as to deep areas. Remember that the more speed in the back and the speed of rubbing depend on the temperature of the water - the colder the water, the slower the back and the slower the rubbing.

Physical effects This type of bath prepares one's body for cold showers.

SHOWERING AND RINSING

Before taking a cold shower immerse or rub your body with a dry towel until you are warm. For beginning the water should be about 24-26°C (75-79°F). The temperature should then be dropped - about one degree centigrade each time - until the water is completely cold. Shower your arms and legs first, then your body and finally your face. Shower for five minutes in summer but extend it for more than six minutes in a winter or winter.

SOAKING BATH

Before immersing your body from the chest down in cold water exercise to generate heat yourself. Make sure that the weather is warm and gradually decrease the water temperature. Immerse and rub your face with a towel while in the water and do not sit still. The slower you spend soaking depends on the temperature of the water - for example if the water is 15°C (59°F) stay in the water for only one to three minutes.

AIR BATHS

After taking another exposure to such as example of one's body to the fresh air. The physiological effects caused by the stimulation of cold air are basically the same as that

caused by wet water. Climate changes after adverse patients suffering from anoxia, hepatitis, neuritis and brain disease to take regular air baths. They are advised

to bathe their bodies in the elements of every opportunity and especially in the morning.

TABLE OF EXERCISES

POINTS TO REMEMBER	PHYSICAL EFFECTS	EXERCISES
Be patient and learn the movements gradually. The movements can be practiced in a walk or in exercise.	Promotes circulation and improves coordination and balance.	Light shadow boxing (for all ages)
Not a vigorous kind of romping and the children should be the chief group.	Helps to relieve stiffness in muscles and joints.	Tug exercises (for all ages)
Parents should not consider every number with each a 50.	Helps to relax body and mind.	The Tug game (for adults)
Exercise slowly and rhythmically and count the beats as you go.	The first three sets of exercises help to relieve nervous pain in the neck, shoulder, waist and legs. The second three sets of exercises help to relieve asthma and nervous disorders.	The 8 exercises (for adults)
Relax body and mind thoroughly and do not hurry.	Relaxes circulation and makes body ready.	Breathing exercises (for all ages)
Exercise to fresh air and do not breathe too deeply.	Helps eye strain and helps form a good vision.	Eye exercises (for adults)
Keep hands clean and do not exercise regularly a few times or three times a day.	Helps to relax and loosen tension. Builds up resistance to disease by increasing blood circulation.	Self-massage (for adults)
Do not subject yourself to extreme temperatures at first.	Promotes circulation and is generally invigorating.	Bath (for adults)

This unique book should become the basic family fitness guide of the 1980s.

For centuries, the Chinese have been acknowledged as the masters of understanding the mind-body relationship and the fitness of the body as a whole. *Wushu!* has been encouraged and developed by the People's government to promote national fitness.

Wushu! (literally "martial art") is not the aggressive kung fu of the movies. Traditionally consisting of two schools—the "external," whose forms are hard and vigorous, involving leaping, kicking and somersaulting; and the "internal," emphasizing soft, graceful, fluid movements that resemble dancing rather than exercising—the *wushu* in this book has evolved from its ancient origins to its present form as a series of simple physical exercises practiced to promote health and fitness. In the process, it has also acquired a sense of joy. It really is fun to perform.

Profusely illustrated with over 1,000 original two-color how-to drawings, *Wushu!* includes the classic 24 exercises of Taiji quan—a Chinese version of isometrics; a series of exercises for babies (aided by their parents) and children; gentle forms of shadowboxing and sword play perfect for the elderly and sedentary; and a section of special exercises to improve health, relieve pain and prevent disease. Now available in the West for the first time, the exercises in *Wushu!* are fun and a rewarding fitness program for everyone in the family which will enable them to strengthen and relax their bodies as millions of Chinese do every day.



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