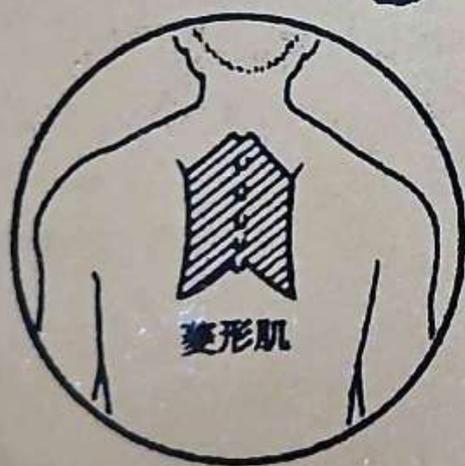


LIANGONG SHR BA FA: THERAPEUTIC CHI KUNG



36 ACTIVE METHODS

Featuring Master Liang Shou-Yu

练功十八法

LIANGONG SHR BA FA:
THERAPEUTIC QIGONG

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ACKNOWLEDGEMENTS

We are thankful to Master Liang Shou-Yu for his trust and his open-mindedness, as well as his good nature and patience in the production of this book and the Liangong Video Program. It is refreshing and inspiring to find someone of his stature who believes and holds fast to the principle of "helping others is helping yourself." When many teachers abuse the respect of their students and still proclaim "hidden teachings," Master Liang Shou-Yu is open and true. We also are grateful to our friends Mike and Debbie Frost for their extra hours in layout and printing.

Roger D. Hagood
Pat Sze-yen Lin
May 3, 1988
10:15 p.m.

FOREWORD

The Chinese concept of longevity and exercise is the antithesis of the western health and fitness scene. Perhaps this stems from differences in philosophical beliefs or cosmological ideas (or perhaps left brain, right brain), none-the-less, to the exerciser the differences are apparent. In "western exercise" the idea is to expend energy which often leaves the exerciser short of breath (oxygen debt). In Chinese longevity exercises the idea is to bring energy into the body from the atmosphere and earth. The exerciser feels light and nimble with the breath harmonized.

Liangong exercise has well documented results in the prevention and treatment of ailments of the musculo-skeletal structure. In addition by regulating the breath and mind, Liangong exercise will cultivate vital energy while increasing overall good health.

Having been told the only recourse for a deteriorated neck vertebrae was surgery, I immediately began to train the first set of Liangong. After three months the neck spasms subsided and I no longer had the associated symptoms. (Daily discipline is the key).

Roger D. Hagood

About Liang Shou-Yu:

Liang Shou-Yu is a living repository of China's vast cultural heritage in the field of internal and external martial arts and qigong (chi-kung) disciplines. He began his training under the tutelage of his renowned grandfather, the late Liang Zhi-Xiang, who taught him the esoteric skills of the Er Mei mountain sect including Da Pon Qigong. As a young man, his training was rigorous and from age eight to seventeen he trained no less than three times daily two hours each time.

By the time he was twenty, Mr. Liang had already entered martial art competitions and received instruction from 10 of the most well known contemporary masters of both Southern and Northern origin. During his adolescence, Mr. Liang won titles in Chinese wrestling (Swai-Jiao), various martial arts and weight lifting. His teachers were astonished at his ability to lift more than twice his body weight although he credited the feat of strength to his years of training in Da Pon Qigong.

As he grew older, through and beyond his college years, his wide background in various martial arts helped form his present character and great skills. Some of the special styles he concentrated on include the esoteric Er Mei system, Shaolin, Long Fist, Praying Mantis, Tsoor-Joor, Hsing Yi, BaGua, Tai Chi, Liu He Ba Fa, Swai-Jiao, Chin Na, vital point Striking, many weapons systems and several kinds of internal qigong.

In all, his curiosity has inspired him to learn more than one hundred forms or sequences of different

styles. He travelled throughout mainland China in his quest for the arts, having gone to Henan province to learn Chen-style Tai Chi Chuan, Hubei province to learn the Wu-Tang system and Hunan province to learn the Nan-Yuh system.

With his wealth of knowledge, Mr. Liang was inspired to compete on a national level in martial arts competition in which he was many times a national and provincial gold medalist. These accomplishments drew the attention of the national news media with the result of Mr. Liang becoming very well known.

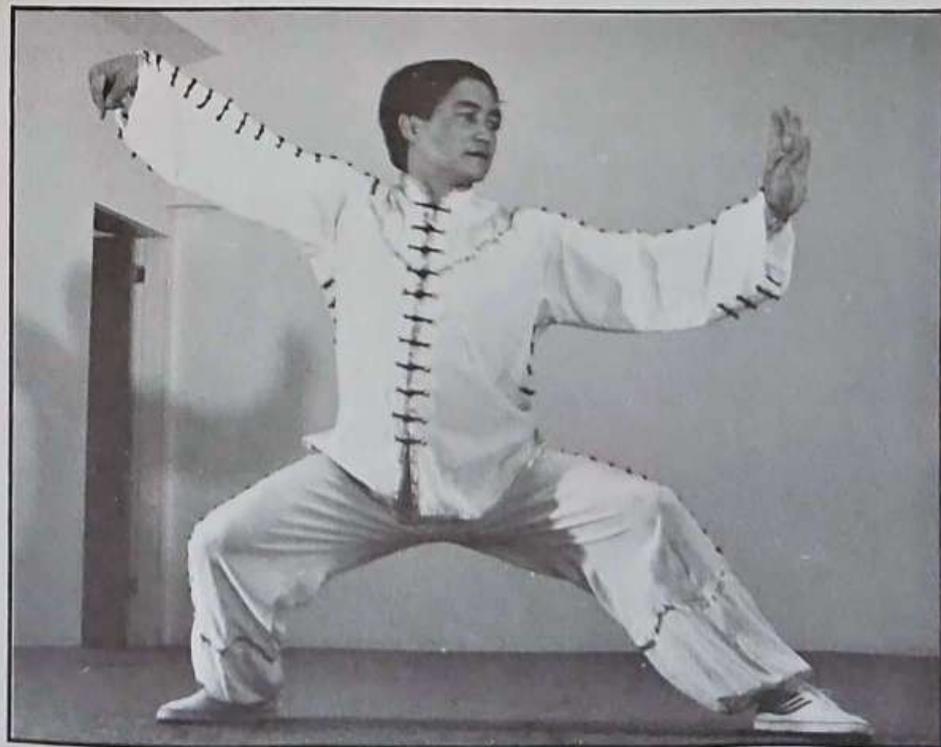
However, during the years of the cultural revolution (1965-1975) all forms of martial art and qigong were suppressed by the government and although Mr. Liang was assigned to work in a remote area of Sichuan province he was able to devote much of his time to refining his skill and continuing his studies by accepting 10 students.

At the end of the Cultural Revolution in 1975 the Chinese government resumed its support of martial and qigong arts including competition. There was a general concensus with the idea to edify by categorization and organization the existing martial arts and internal arts. To accomplish this task research projects were undertaken to search out and extract then unify the knowledge of the existing old Masters. It was at this time that the government appointed Mr. Liang as the Coach of Sichuan province. By 1978, because so many of his students were among the top martial artists of China, he was voted one of the top 17 Master Coaches since 1949 and often served as judge in Na-

tional competitions. He was later elected as Commissioner for the China Wushu Coaches Commission and Commissioner for the Sichuan Province Wushu Commission.

Now living in Vancouver, Mr. Liang teaches at the University of British Columbia. The Vancouver community is grateful to have Mr. Liang, and he enjoys a large following.

In an effort to promote the arts of China and to help those who cannot travel to Vancouver or China, Mr. Liang has produced an instructional video program teaching Liangong Shr Ba Fa Chi Kung in conjunction with the Chinese National Chi Kung Institute. Future instructional videos are tentative.

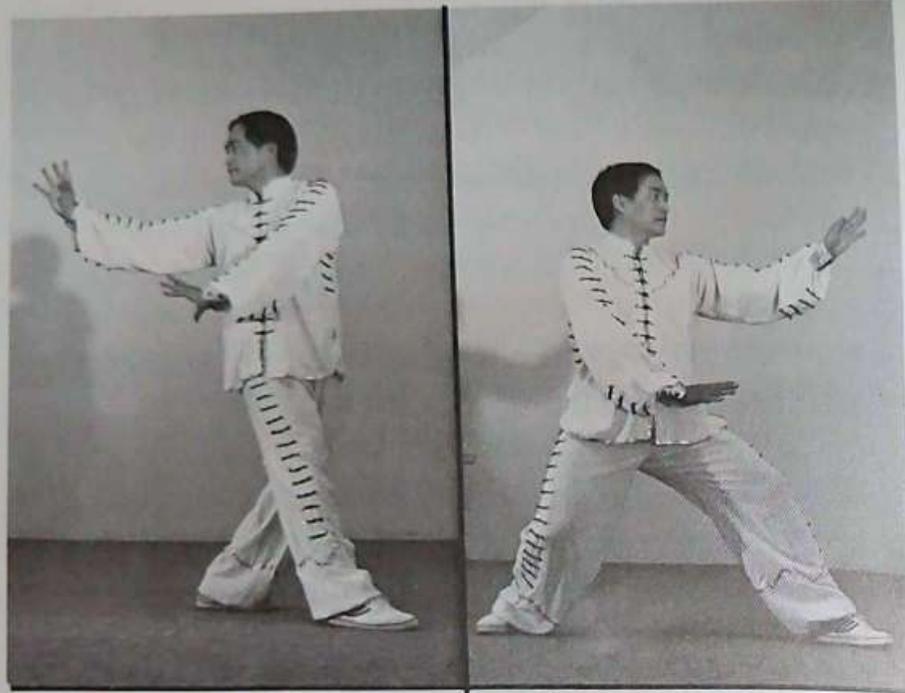


CHEN'S TAI CHI CHUAN

INTRODUCTION

18 Liangong is a series of 36 postures to be performed in conjunction with regulated breathing. They were first created in Shanghai as a series of 18 exercises but were later expanded to the present 36 movements. They have origin in TuNa (respiration), Wuqinxi (five animal frolics), Baduanjin (eight section exercises), Yijinjing (Changing Muscles), and ancient therapy exercises.

Mr. Liang says that Liangong became very popular in China after 1976 and was practiced in hospitals and clinics and as mandatory exercise for schools and professional martial arts training. As a government teacher Mr. Liang often taught 18 Liangong to 500-2000 people in street training. Participation was so large that he often used a megaphone to give the instruction.



BA KUA CHANG

HSING YI CHUAN



DA PON QIGONG

DRAGON QIGONG



GUANGZHOU, NANHUAXI STREET EXERCISES*

When performing these exercises, one must pay attention to the following principles: regulation of mind (concentration), regulation of the breath and regulation of the posture. When performing the exercises daily 20 - 30 minutes, they alone will maintain the body's health and vitality.

*photo courtesy of *China Sports*.

FEATURES OF THE EXERCISES

Liangong consists of six sets of exercises for preventing and relieving pains in the neck and shoulders, waist and back, thighs and legs, joints of the limbs, tenosynovitis and internal disorders. The exercises should be performed slowly and with gentle (internal) force. This will facilitate muscular oxidation while changing the conditions for blood flow. In turn, these conditions lead to greater resistance to diseases. Therefore we can see that treating individual organic systems leads to improved function of the whole body.

Liangong is simple and easy to learn and suitable for people of all ages and physical abilities. Practitioners may do only the exercises needed to relieve their particular condition or may concentrate on the entire set or sets. With persistence one will build up his physique, keep fit and cure ailments.

POINTS OF ATTENTION

Correct Movement: The exercises of Liangong are effective only when they are correctly executed.

Use of Internal Force: Let the movements initiate with the internal organs and the force flow to the outside of the body (muscles and tendons). Move slowly, evenly and smoothly with a gentle force.

Systematic Progress: The amount of exercise should be increased progressively. Begin with short training sessions and extend training time as the physique improves.

Coordination with Breathing: The practicing of exercise without regulated breathing will be of no avail. Movements should be coordinated with long, slow, even and smooth respiration.

Symptoms of "Qi": One may have the feelings of lightness, heaviness, pain, heat, comfort, tingling, or pulsating. Do not seek nor repress such sensations but follow the requirements of the exercises.

Range of Motion: One should extend the limbs and turn the body in the widest or fullest range of motion possible to achieve the best result.

Perseverance: Well balanced regular daily habits combined with daily discipline are the key to improving existing conditions and preventing future one.

SET ONE EXERCISES

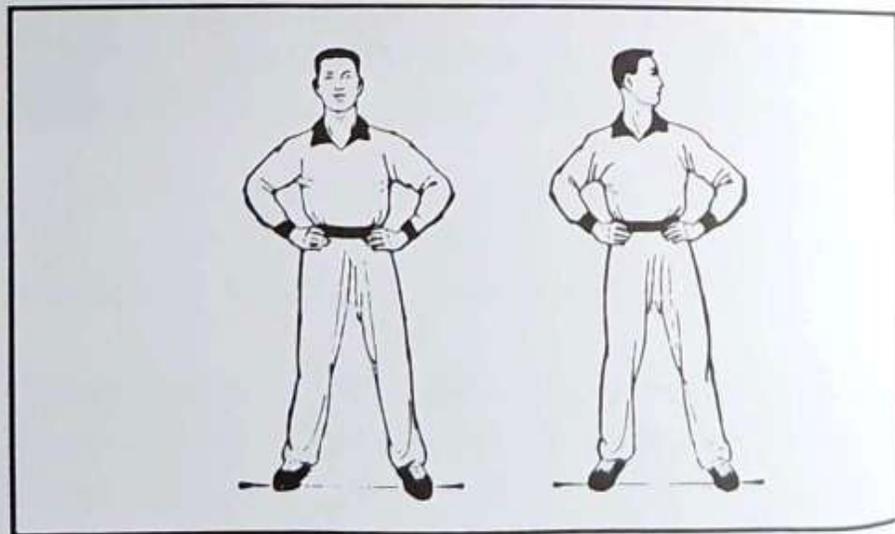
PREVENTING AND TREATING NECK AND SHOULDER PAINS

This set of exercises contains movements for the head and shoulders. Through persistent practice one can achieve the following benefits:

- 1) Improve and restore range of motion in the neck, shoulders, elbows, and finger areas.
- 2) Improve blood circulation and regulatory function of the nerves and body fluids.
- 3) Improve oxidation in the muscles and soft tissues of these regions.
- 4) Relax and loosen the soft tissues of these regions while reducing muscle spasms.
- 5) Nourish and relax the liver, and improve digestion.



SET ONE; EXERCISE ONE



SET ONE ONE: STRETCHING THE NECK

Regulation of the Posture:

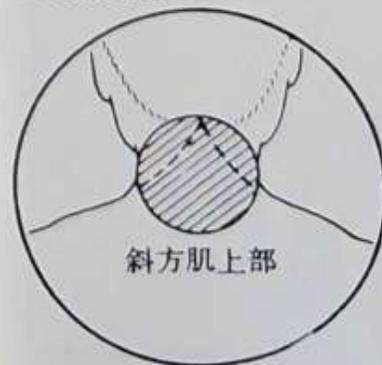
Starting posture: Stand upright with feet shoulder width apart. **Movements:** Turn the head as far left as possible while looking far into the distance. Return to starting posture. Turn head as far right as possible, (look far into the distance). Return to starting posture. Bend the neck backwards as far as possible and look up. Return to starting posture. Bend the neck downward touching the chin to the chest and look down at the ground. Return to starting posture. Remember to keep torso upright while bending the neck and turning the head. Repeat left, right, up and down a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

Regulation of the Breath:

Inhale turning left, exhale turning right, inhale up and exhale down. Breathe long, slow, even and smooth.

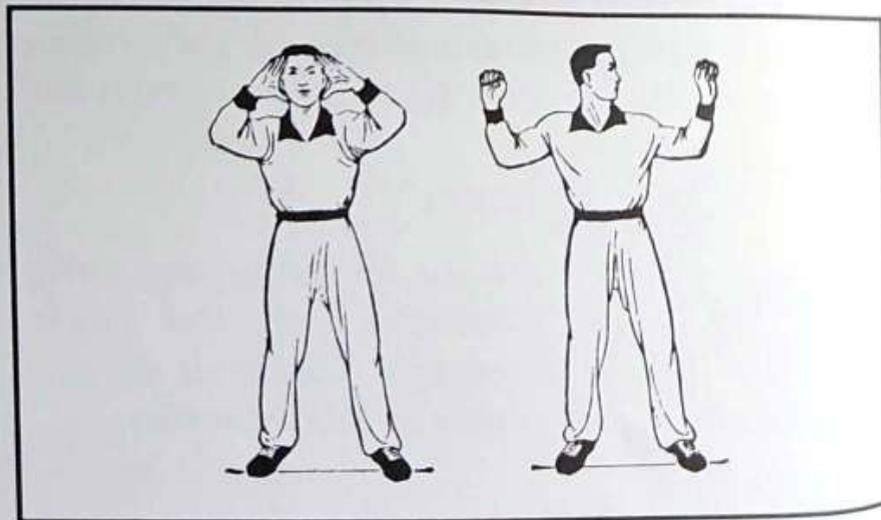


NOTE:

On the following pages, the illustrations in the circle represent the areas of emphasis for each exercise.



SET ONE; EXERCISE TWO



SET ONE

TWO: STRETCHING THE SHOULDER

Regulation of the Posture:

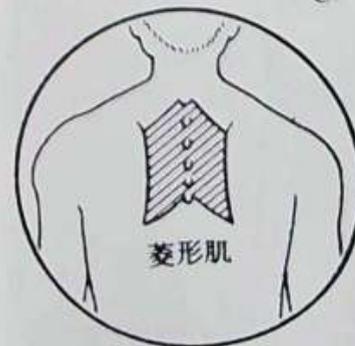
Starting posture: Stand upright with feet shoulder width apart. Raise hands to head level with palms facing forward forming a circle and look straight ahead. **Movements:** Move both arms to shoulder level and bend at the elbows. Clench both fists loosely with knuckles facing backward. Turn the head to the left and look through the circle formed by the left fist. Return to starting posture. Move both arms to shoulder level and bend at the elbows. Clench both fists loosely with knuckles facing backward. Turn the head to the right and look through the circle formed by the right fist. Return to starting posture. Remember to keep shoulder low and back when separating the hands. Repeat left and right for a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Visualize inhale Tu Mei; exhale Ren Mei.

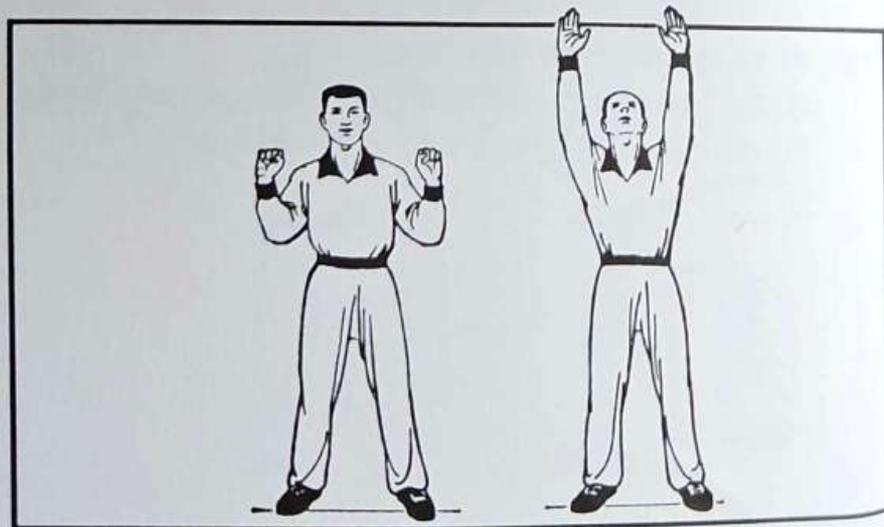
Regulation of the Breath:

Inhale turning head left, exhale turning head right. Breathe long, slow, even and smooth.





SET ONE; EXERCISE THREE



SET ONE THREE: STRETCHING THE ARMS

Regulation of the Posture:

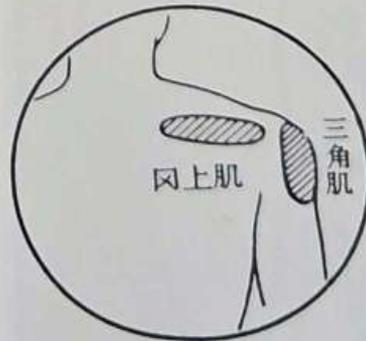
Starting posture: Stand upright with feet shoulder width apart. Elbows bent, fists clenched loosely with knuckles facing backwards while raising them slightly above shoulder level. **Movements:** Open both fists, raise arms with palms facing forward, and look at the fingers of the left hand. Return to starting posture. Open both fists, raise arms with palms facing forward, and look at the fingers of the right hand. Return to starting posture. Remember to expand the chest and pull in the abdomen when raising the arms. Repeat left, right a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Visualize inhale Tu Mei, exhale Ren Mei.

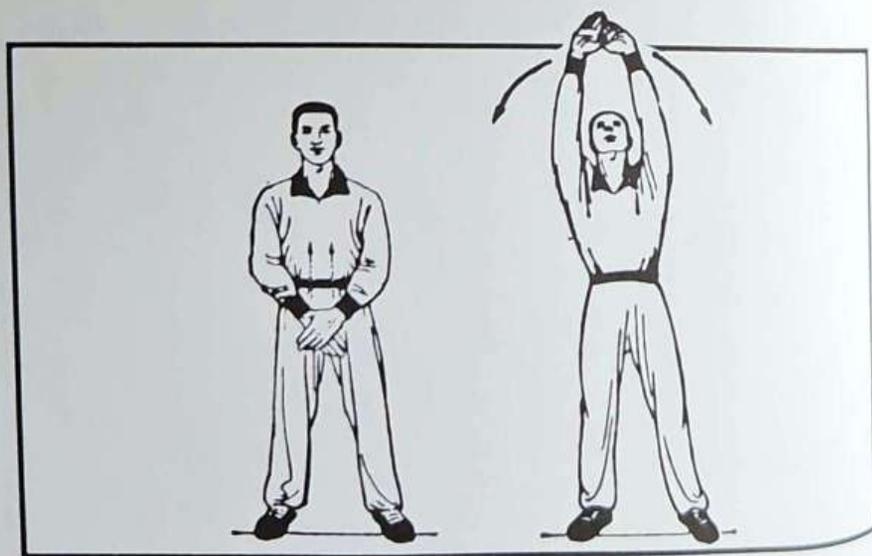
Regulation of the Breath:

Inhale left, exhale to starting posture, inhale right, exhale to starting posture. Breathe long, slow, even and smooth.





SET ONE; EXERCISE FOUR



SET ONE FOUR: EXPANDING THE CHEST

Regulation of the Posture:

Starting posture: Stand upright with feet separated slightly wider than shoulder width. Cross both hands in front of the abdomen. The hand on the affected side of the body should be placed in front.

Movements: Raise crossed hands above the head (palms facing upward) while the eyes follow the hand of the affected side at all times. Drop both arms in a curved motion to the starting posture while looking at the hand of the affected side. Remember to expand the chest and pull in the abdomen when raising the arms. Repeat a minimum of 8 times slowly, evenly and smoothly.

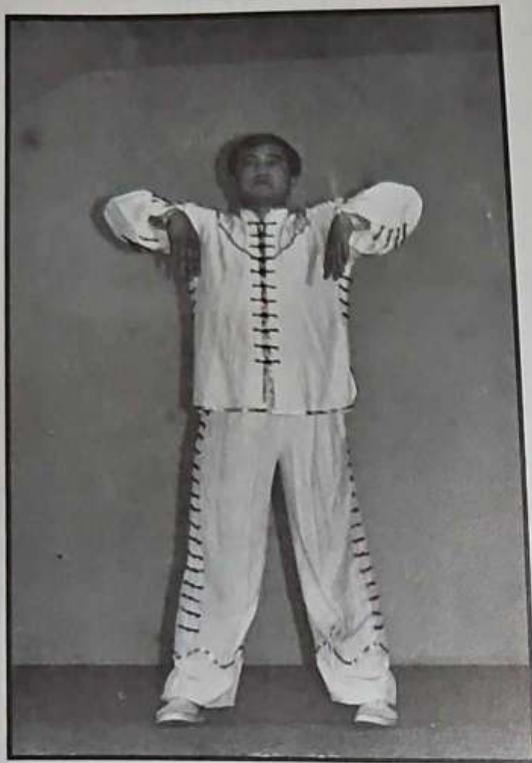
Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

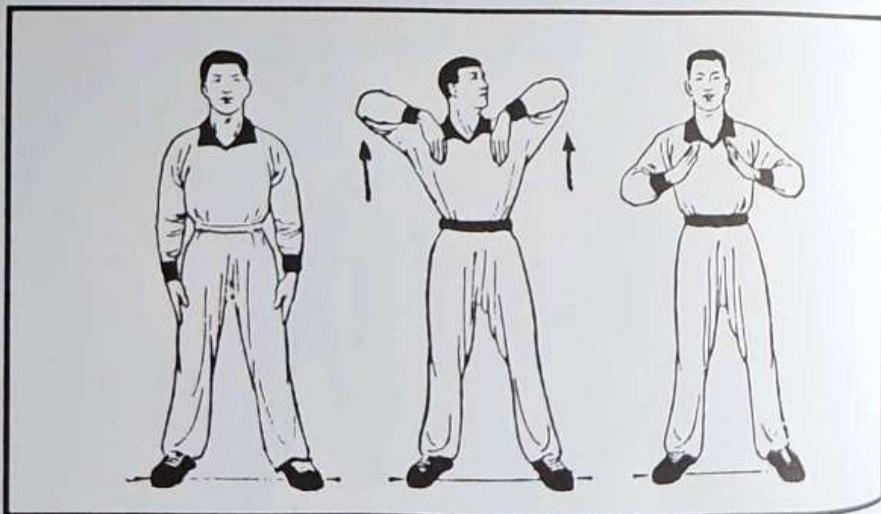
Regulation of the Breath:

Inhale as hands go up and exhale as hands move down. Breathe long, slow, even and smooth.





SET ONE; EXERCISE FIVE



SET ONE

FIVE: SPREADING THE ARMS

Regulation of the Posture:

Starting posture: Stand upright with feet separated slightly wider than shoulder width. **Movements:** Bend both elbows and lift them up above shoulder level with the back of the hands facing each other and finger pointing toward the ground. Drop the elbows with the palms facing each other in front of the face, then slowly lower the arm back to the starting posture. Remember to keep the shoulders low and the wrists relaxed. Repeat a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

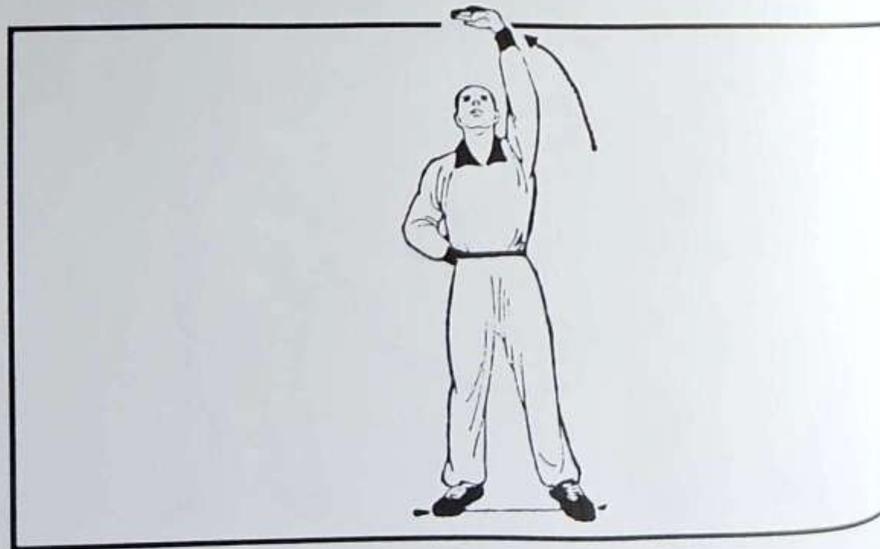
Regulation of the Breath:

Inhale as the elbows move up, exhale as the hands move down. Breathe long, slow, even and smooth.





SET ONE; EXERCISE SIX



SET ONE SIX: RAISING ONE ARM

Regulation of the Posture:

Starting posture: Stand upright with feet separated slightly wider than shoulder width. **Movements:** Raise the left hand sideways and upward till the palm is facing upward and fingers pointing to the right while the eyes follow the hand motion. At the same time, bend right arm at elbow and press the back of the right hand on the small of the back. Return to starting posture. Repeat on opposite side. Return to starting posture. Remember to keep the arm straight when raising it. Repeat left and right arms for a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

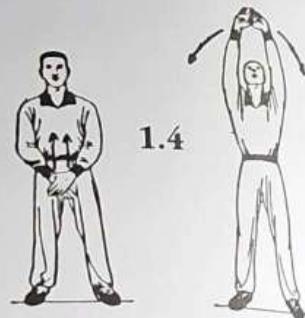
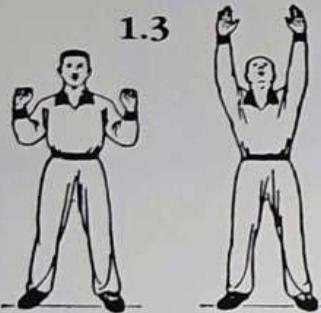
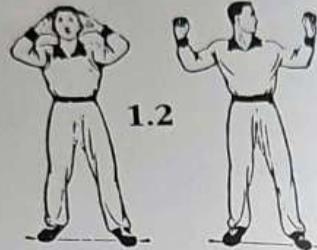
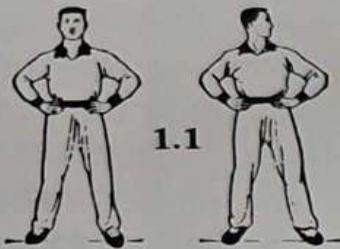
Concentration is on the Dantien (lower abdomen).

Regulation of the Breath:

Inhale as hand moves up and exhale as hand moves down. Breathe long, slow, even and smooth.



SET ONE: ILLUSTRATIONS



SET TWO EXERCISES

PREVENTING AND TREATING LOWER BACK PAINS

This set of exercise contains movements for the lower back, waist and spine region. Through persistent practice, one can achieve the following benefits:

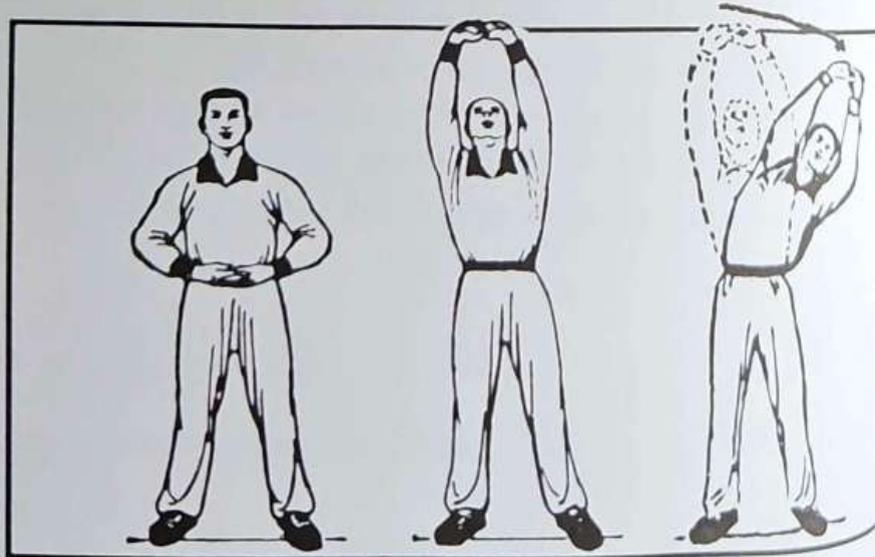
- 1) Restore and strengthen the lower back and abdominal muscles.
- 2) Improve blood circulation and regulatory function of the nerves and body fluids in these regions.
- 3) Correct abnormalities in the spinal column.
- 4) Relax and loosen the soft tissues of these regions while reducing muscle spasms.
- 5) Improve the regulatory functions of the spleen and stomach, relieve bloated feelings in chest and abdomen and strengthen kidney function.

SET TWO

ONE: PUSHING AGAINST THE SKY



SET TWO; EXERCISE ONE



Regulation of the Posture:

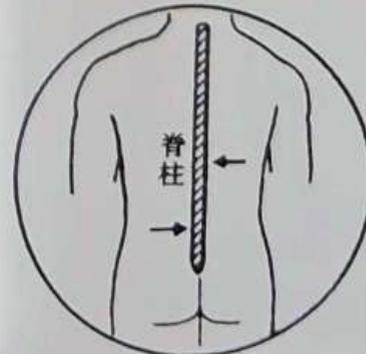
Starting posture: Stand upright with feet separated slightly wider than shoulder width. Interlock fingers of both hands and place against the upper abdomen region, palms facing upward. **Movements:** Raise hands over head, while turning and pushing the palms to face upward. At the same time, look up, inhale and expand the chest. Bend body to the left, leading with the arms. Return to upright position. Bend body to the right leading with the arms. Return to upright position, then to starting posture. Remember to keep arms straight and torso erect when hands are up. Repeat left and right extension for a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

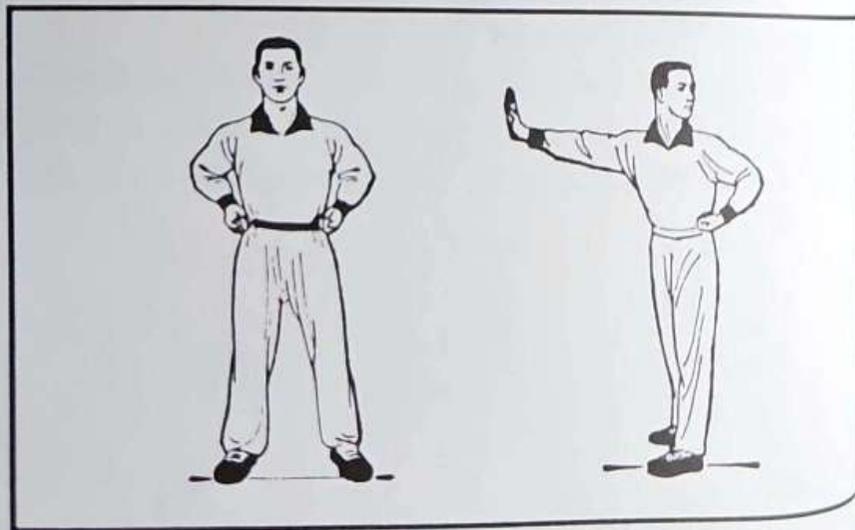
Regulation of the Breath:

Inhale in the starting posture, exhale as hands are pushed up. Inhale in the upright position, exhale as body is bent. Breathe long, slow, even and smooth.





SET TWO; EXERCISE TWO



SET TWO TWO: TURN WAIST AND EXTEND ARMS

Regulation of the Posture:

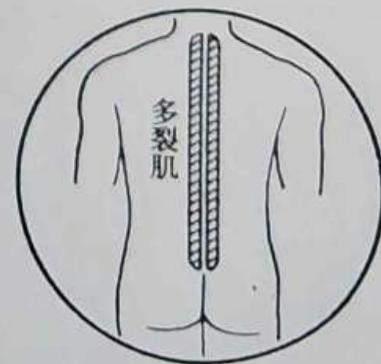
Starting posture: Stand upright with feet separated slightly wider than shoulder width, fists at waist.
Movements: Open right fist and push palm forward. At the same time, turn the torso to the left and look to the left. The left elbow follows the turning torso while keeping the same level with the right arm. Return to starting posture. Repeat on opposite side. Return to starting posture. Remember to keep legs straight and feet on the ground when turning the torso. Repeat left and right a minimum of 8 times slowly, evenly and smoothly.

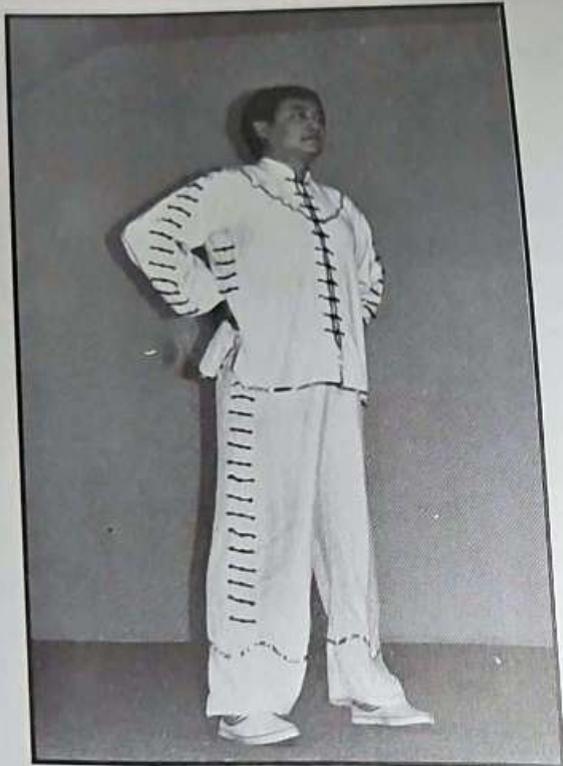
Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

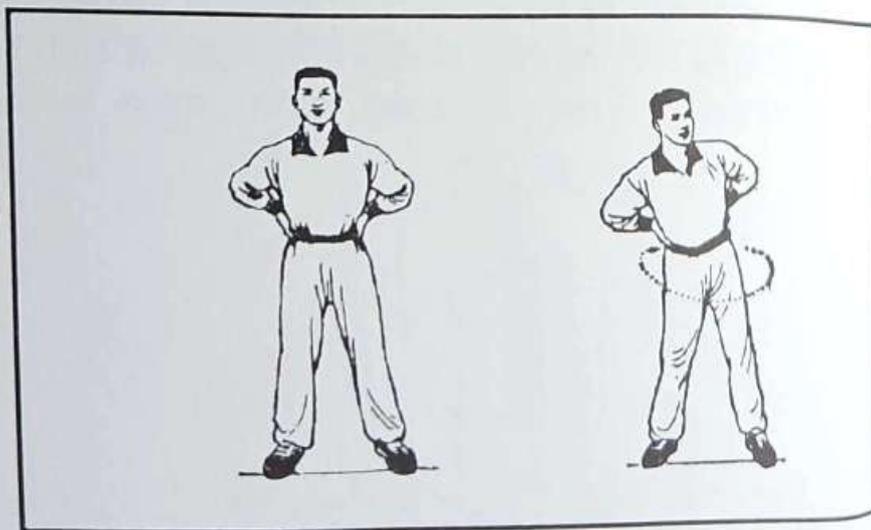
Regulation of the Breath:

Inhale in the starting posture, exhale as right arm is extended. Breathe long, slow, even and smooth.





SET TWO; EXERCISE THREE



SET TWO THREE: ROTATING THE WAIST

Regulation of the Posture:

Starting posture: Stand upright with feet separated slightly wider than shoulder width, hands at the waist with thumb forward and pointing down. *Movements:* On a count of 1-4, push hands on torso causing the pelvis to rotate in a clockwise direction. Return to starting posture. On a count of 1-4, push hands on torso causing the pelvis to rotate in a counterclockwise direction. Remember to keep legs straight and feet flat on the floor and to slowly enlarge the circular motion on a day to day basis. Repeat both turns a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

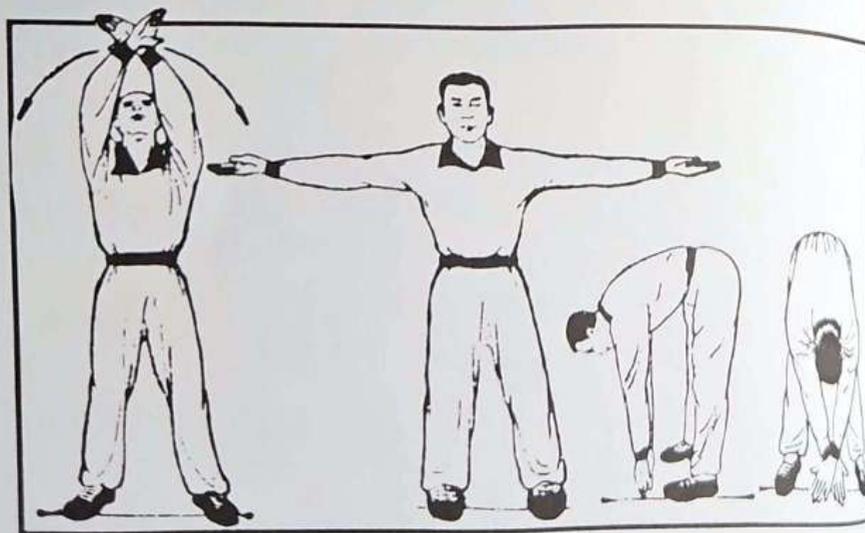
Regulation of the Breath:

Inhale turning clockwise, exhale turning counter-clockwise. Breathe long, slowly, even and smooth.





SET TWO; EXERCISE FOUR



SET TWO FOUR: BENDING THE WAIST FORWARD

Regulation of the Posture:

Starting posture: Stand upright with feet separated slightly wider than shoulder width. Cross both hands in front of the abdomen. The hand on the affected side of the body should be placed in front.

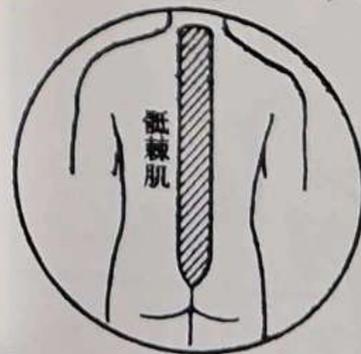
Movements: Raise arms upward above the head with palms facing forward, while pulling in the abdomen and expanding the chest. Drop arms to shoulder level, palms facing up. Turn palms over, bend the waist forward and cross arms in front of legs. Return to starting posture. Remember to keep the legs straight and fingers touching the ground when bending the waist. Repeat a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

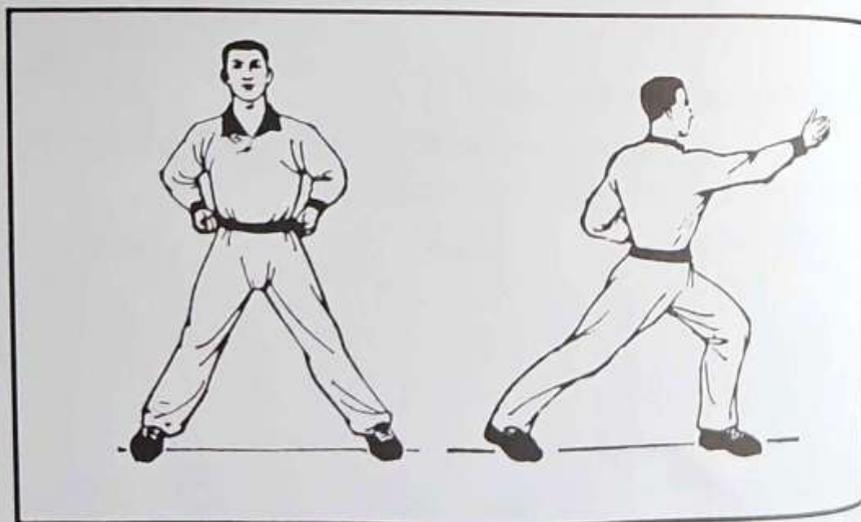
Regulation of the Breath:

Inhale as hands go up, exhale as hands go down. Breathe long, slow, even and smooth.





SET TWO; EXERCISE FIVE



SET TWO

FIVE: THRUSTING HAND FORWARD

Regulation of posture:

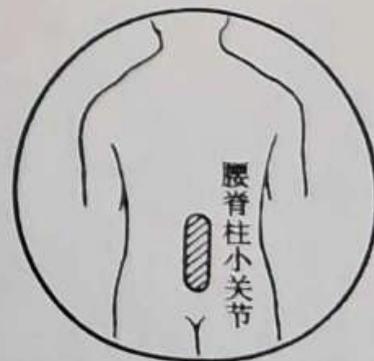
Starting posture: Stand upright with feet separated two shoulder widths apart, fists at waist.
Movements: Turn the torso to the left, bend the left knee and straighten the right leg, while thrusting the right arm forward. At the same time, open the right fist with palm facing left. Return to starting posture. Repeat on opposite side. Remember to keep arm extended, spine and back leg straight. Repeat left, right a minimum of 8 times slowly, evenly and smoothly.

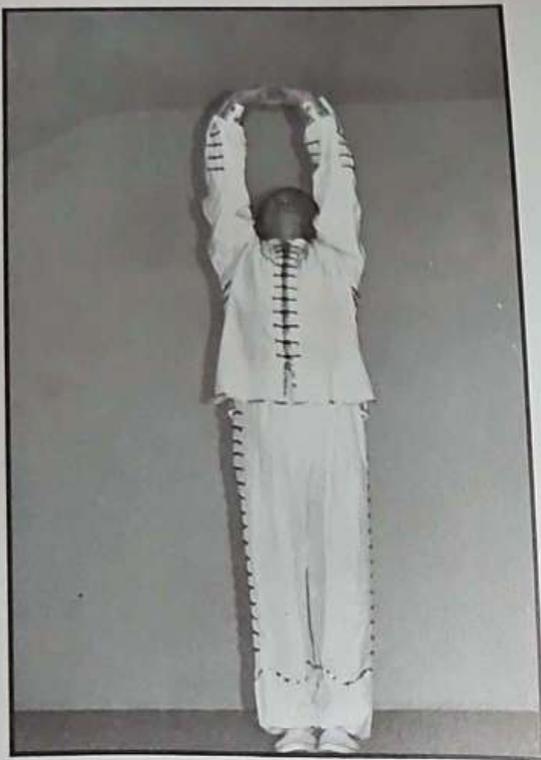
Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

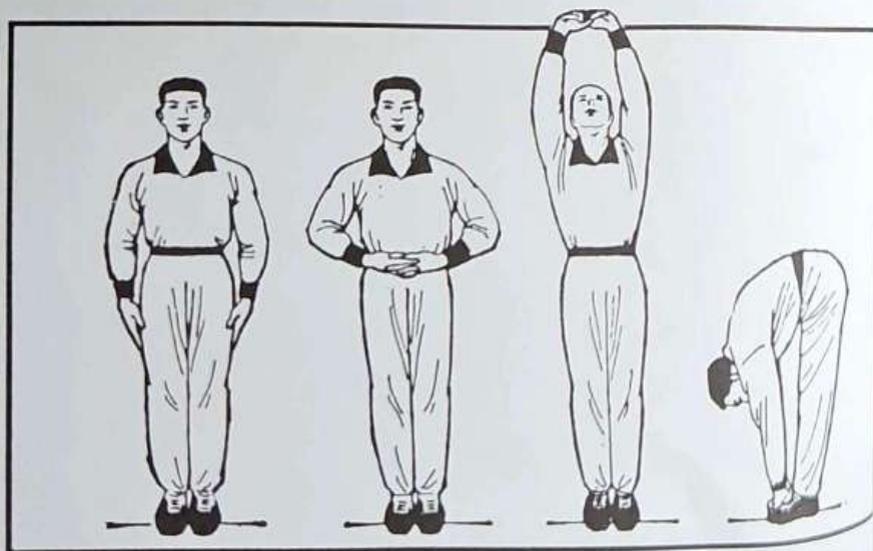
Regulation of the Breath:

Inhale in starting posture, exhale as hand thrusts forward. Breathe long, slow, even and smooth.





SET TWO; EXERCISE SIX



SET TWO

SIX: PRESSING PALMS TO FEET

Regulation of the Posture:

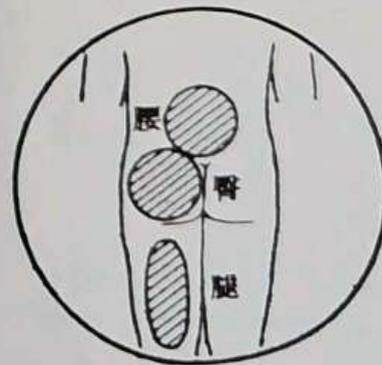
Starting posture: Stand upright with feet together. *Movements:* Clasp the hands in front of the upper abdomen with palms facing upward. Turn and stretch hands upward above the face with palms facing up while looking at the backs of the hand. Bend at the waist until the palms touch the feet and keep the legs straight. Return to starting posture. Remember to move buttocks backwards when bending down and press palms as far as possible while keeping the legs straight. Repeat movement a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

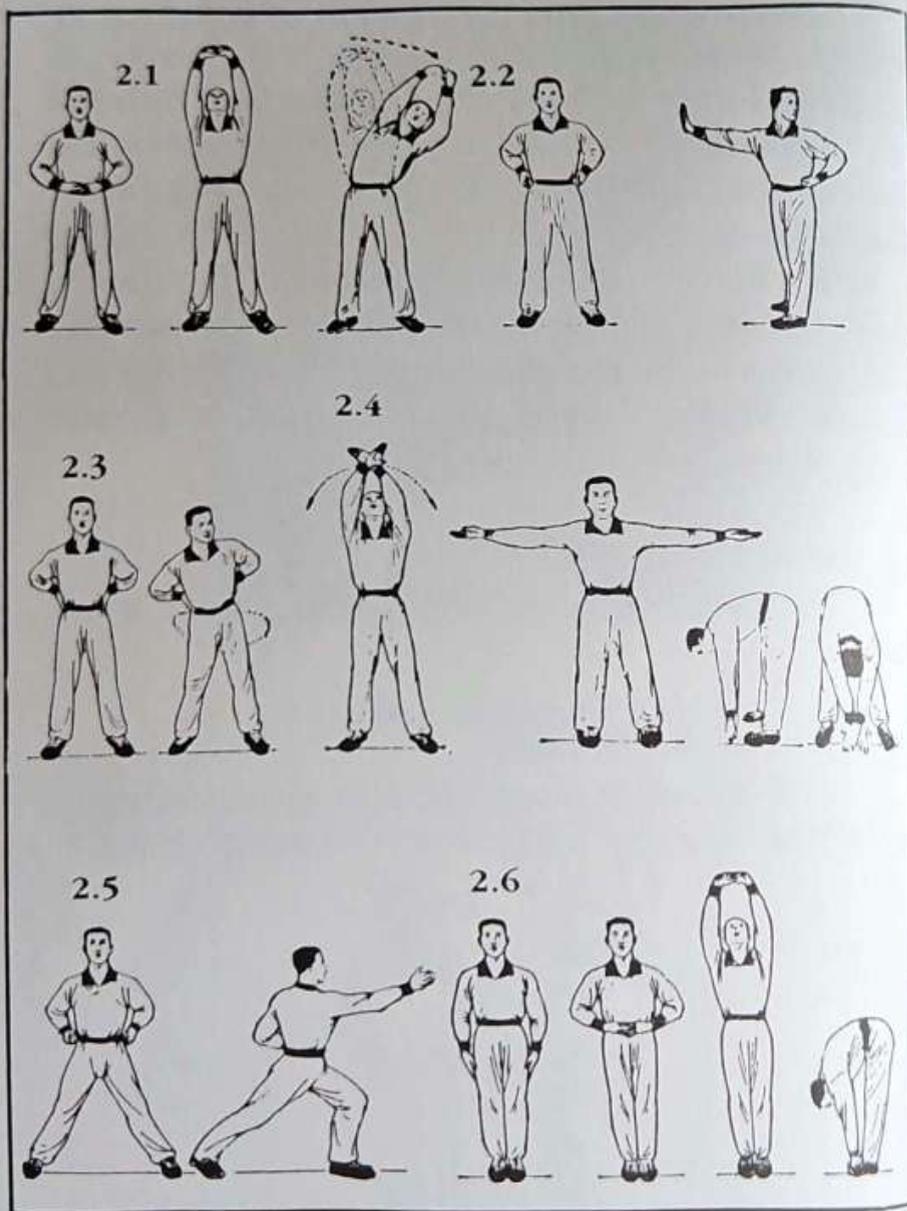
Concentration is on the Dantien (lower abdomen).

Regulation of the Breath:

Inhale as hands move up, and exhale as hands move down. Breathe long, slow, even and smooth.



SET TWO: ILLUSTRATIONS



SET THREE EXERCISES

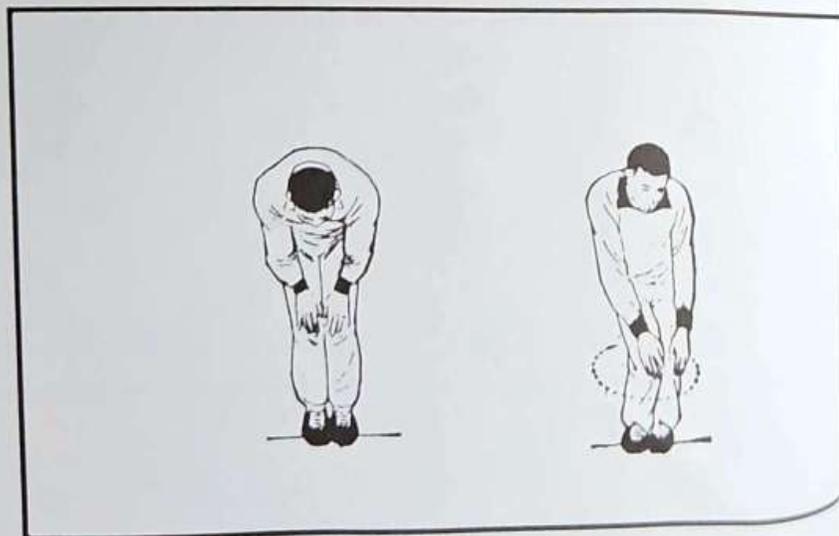
PREVENTING AND TREATING HIP AND LEG PAINS

This set of exercise contains movements for the hips and legs regions. Through persistent practice, one can achieve the following benefits:

- 1) Strengthen the muscles of the lower back, waist, abdomen, hips, buttocks and legs.
- 2) Improve blood circulation and regulatory function of the nerves and body fluids in these regions.
- 3) Correct abnormalities in the spine and pelvis.
- 4) Relax and loosen the soft tissues of these regions while reducing muscle spasms.



SET THREE; EXERCISE ONE



SET THREE ONE: ROTATING THE KNEES

Regulation of the Posture:

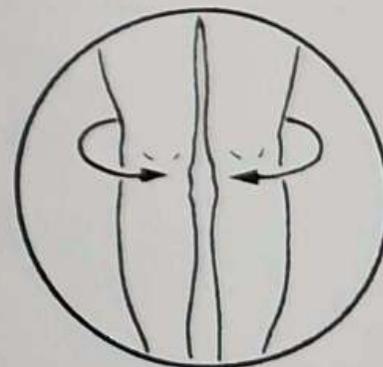
Starting posture: Stand with feet together and the torso bent forward, hands on the knees. Look at the ground ahead. *Movements:* Bend the knees and circle them clockwise, straightening the legs when the knees move backward. Repeat 8 times. Return to starting posture. Circle counterclockwise 8 times. Remember to rotate as much as possible in a slow, even and smooth manner.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

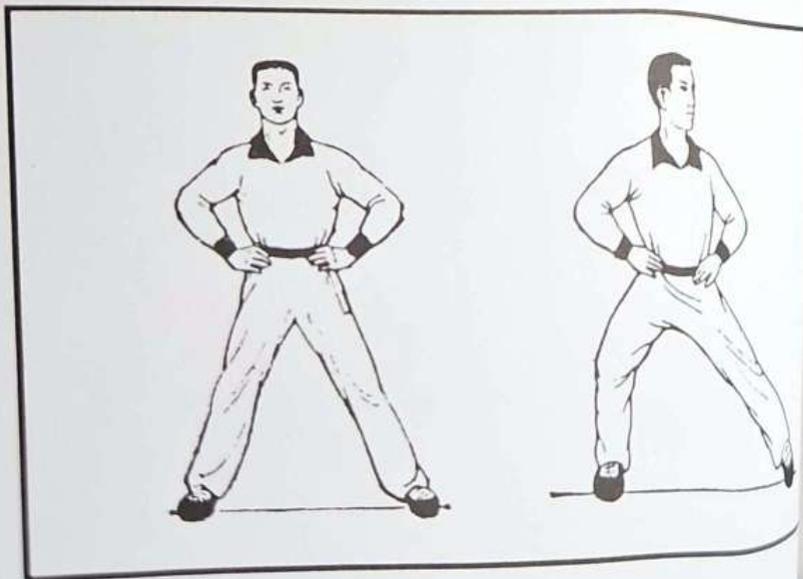
Regulation of the Breath:

Inhale slowly for one complete circle, exhale slowly for another complete circle. Breathe long, slow, even and smooth.





SET THREE; EXERCISE TWO



SET THREE TWO: REVERSE STEP AND TURN

Regulation of the Posture:

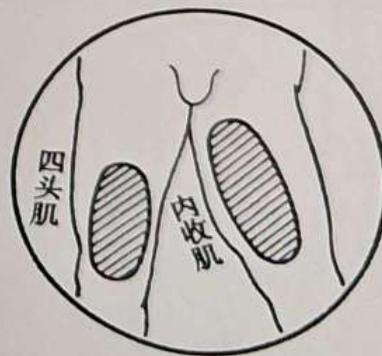
Starting posture: Stand upright with feet spread wide apart and hands on waist thumbs pointing backward. **Movements:** Bend left leg and keep the right leg straight to form reverse bow step and simultaneously turn the body 45 degrees to right. Return to starting posture. Repeat on opposite side. Remember to keep the knee in line with tips of the toes and the torso upright when bending the knee. Repeat on both side a minimum of 8 times slowly, evenly and smoothly.

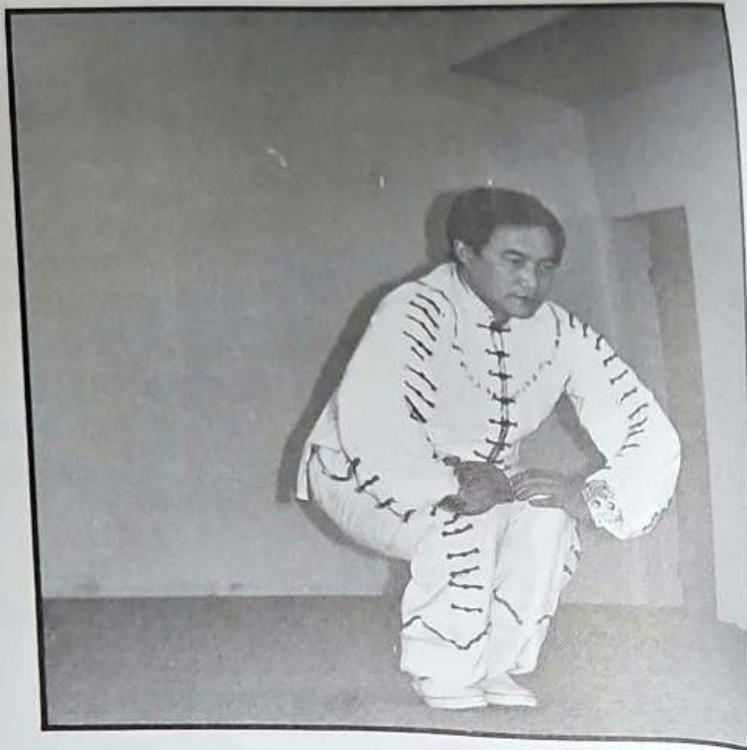
Regulation of the Minds:

Concentration is on the Dantien (lower abdomen).

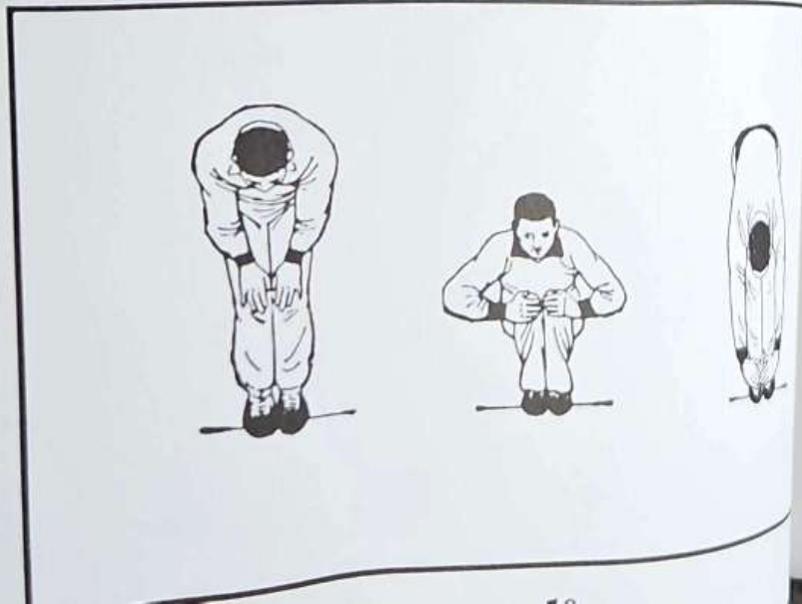
Regulation of the Breath:

Inhale slowly in the starting posture, exhale as the body turns 45 degrees. Breath long, slow, even and smooth.





SET THREE; EXERCISE THREE



SET THREE

THREE: BOW, SQUAT AND STRETCH

Regulation of the Posture:

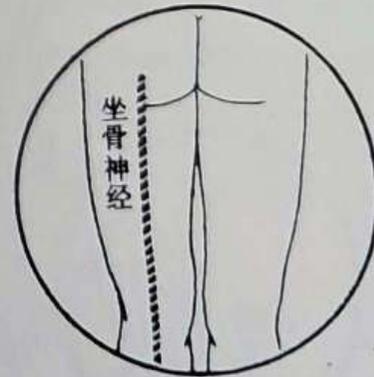
Starting posture: Stand upright with the feet together and hands at side. **Movements:** Bend torso with hands on knees and legs straight. Bend knees and drop to a full squat with both hands on knees and fingers pointing at each other. Straighten legs and put palms on insteps. Return to starting posture. Remember to keep the legs straight when touching the insteps with the palms. Repeat a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Visualize chi from the earth through soles (yung chuan) of feet into Dantien (lower abdomen).

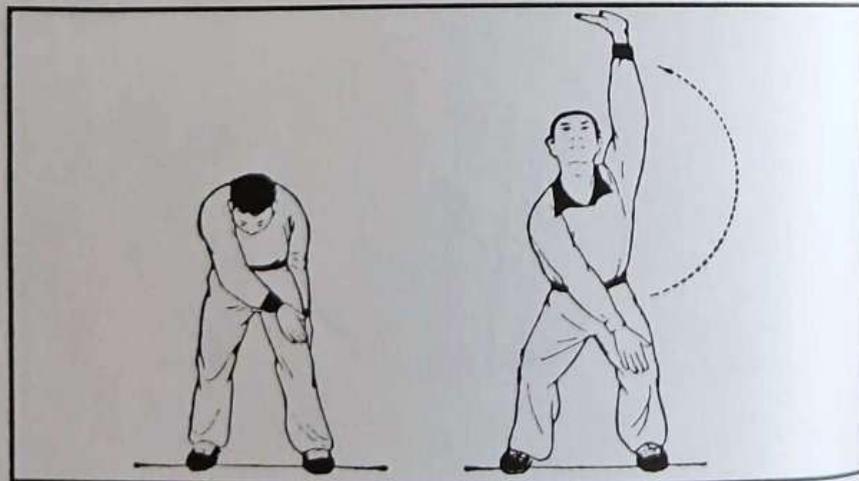
Regulation of the Breath:

Inhale in starting posture, exhale slowly to squat. Inhale touching insteps, exhale to starting posture. Breathe long, slow, even and smooth.





SET THREE; EXERCISE FOUR



SET THREE FOUR: ONE PALM ON KNEE, ONE PALM PUSHING UP

Regulation of Posture:

Starting posture: Stand upright with feet shoulder width apart. *Movements:* Bend torso, right hand holding left knee. Bend knees into horse stance at the same time straighten the torso and raise the left arm forward and upward, palm up and finger pointing to the right-side. Return to starting posture. Repeat on opposite side. Remember to keep the feet flat on the ground and the torso upright when bending the knees. Repeat left and right side for a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

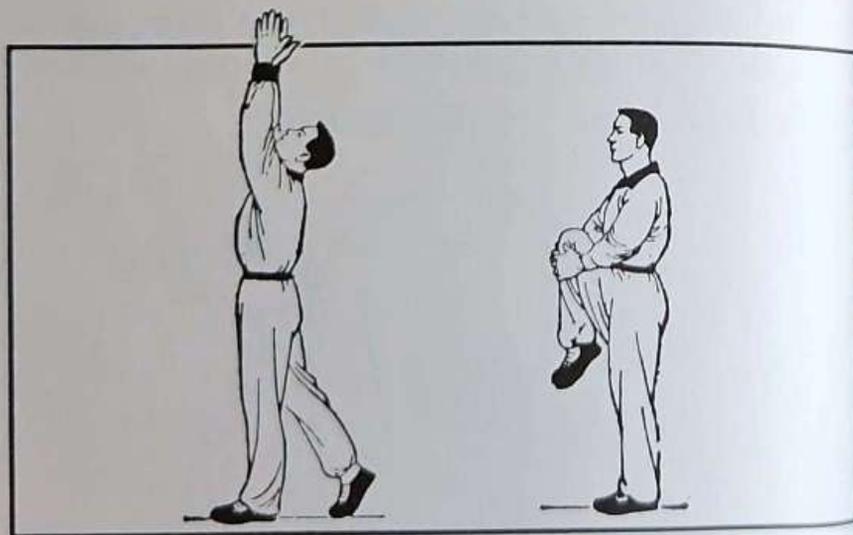
Regulation of the Breath:

Inhale bend forward, exhale raise palm, inhale both hands on knees, exhale to starting posture. Breathe long, slow, even and smooth.





SET THREE; EXERCISE FIVE



SET THREE

FIVE: HOLDING KNEE TO CHEST

Regulation of the Posture:

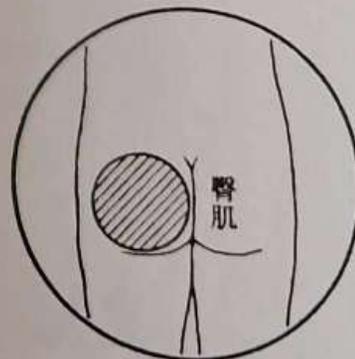
Starting posture: Stand upright with the feet together and arms at side. **Movements:** Take a step forward with the left foot, shifting all weight to left leg and raise right heel. At the same time raise arms forward and upward, palms facing each other, head lifted and chest out. Lower arms to the side and raise right knee and hold it tightly with both hands in front of chest. Keep left leg erect. Return to arms up position then to starting posture. Repeat on opposite side. Repeat left and right side a minimum of 8 times slowly, evenly and smoothly.

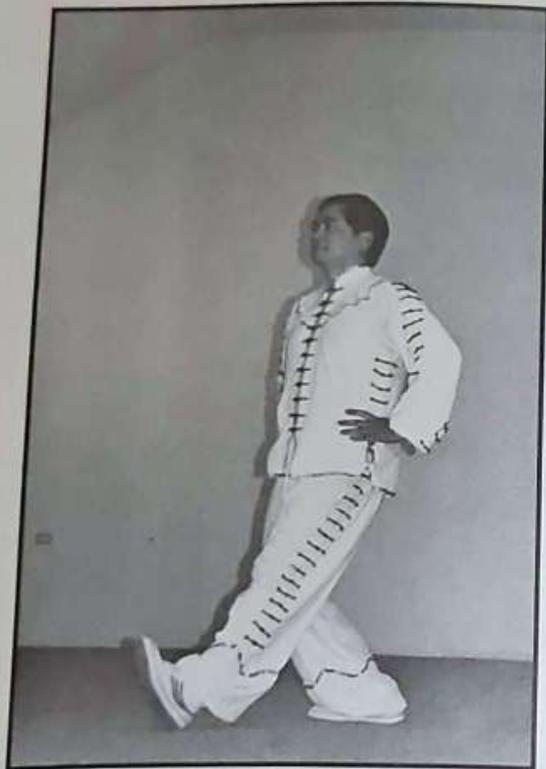
Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

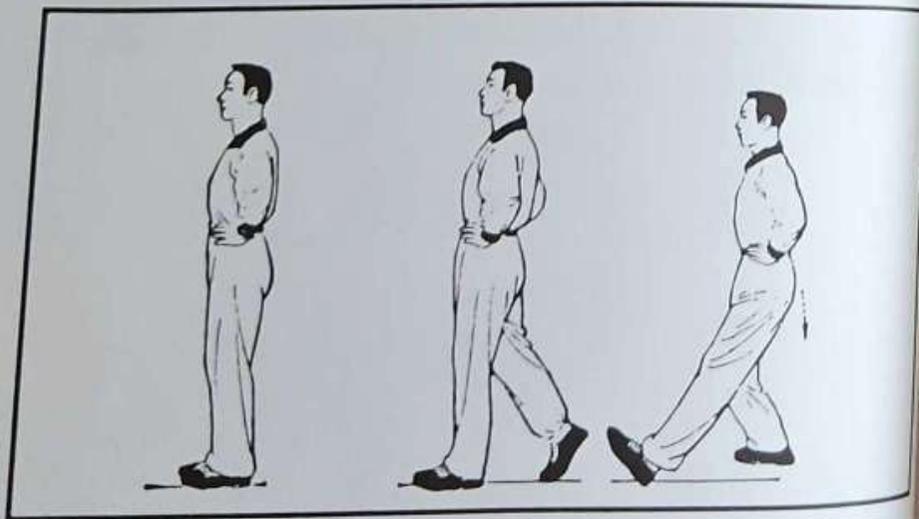
Regulation of the Breath:

Inhale raise arms up, exhale hold knee, inhale raise arms up, exhale to starting posture. Breathe long, slow, even and smooth.





SET THREE; EXERCISE SIX



SET THREE SIX: STROLLING THROUGH THE IMPENETRABLE GATE

Regulation of the Posture:

Starting posture: Stand upright with feet together, arms on sides and thumbs pointing back.
Movements: Take a step forward with left foot, placed on floor from heel to toes. Raise heel of right foot and shift weight on to left leg. Put heel of right foot on floor, bend right knee slightly, shift weight on to right leg and raise toes of left foot. Take a step forward with right foot. Shift weight on to right leg and raise heel of left foot. Shift weight to left leg bend left knee and raise toes of right foot. Straighten left leg and take a step backward with right foot. Bend right knee slightly and shift weight on to right leg. Return to starting posture. Repeat for a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

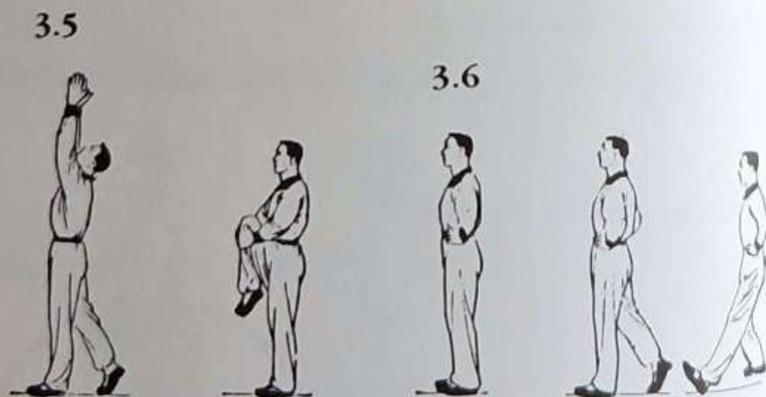
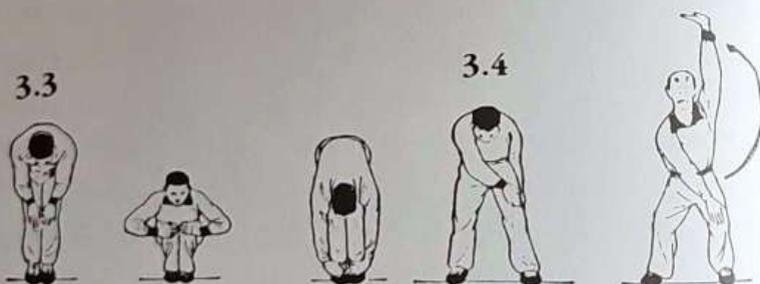
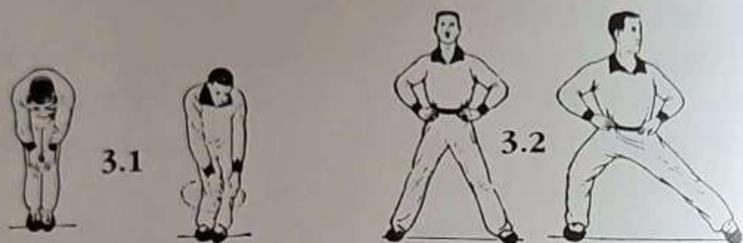
Concentration is on the Dantien (lower abdomen).

Regulation of the Breath:

Breathe naturally in a long, slow, even and smooth manner.



SET THREE: ILLUSTRATIONS



SET FOUR EXERCISES

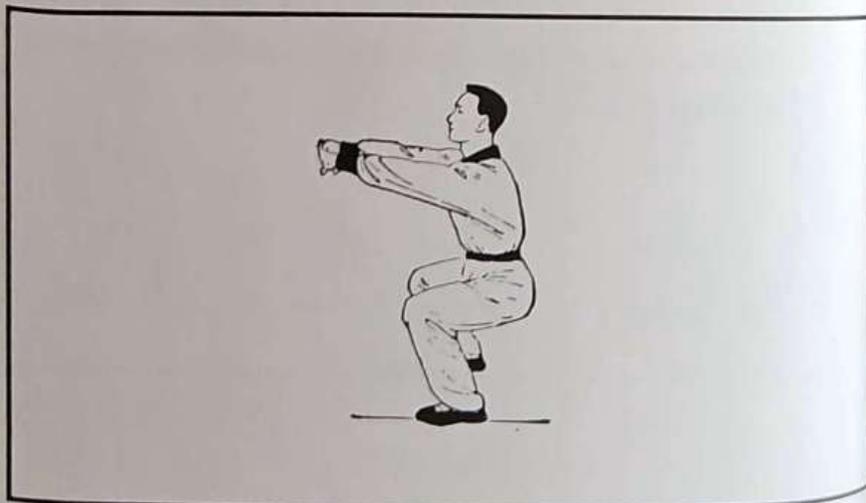
PREVENTING AND TREATING JOINT PAINS

This set of exercise contains movements for the whole body with emphasis on joints of the legs and arms. Through persistent practice, one can achieve the following benefits:

- 1) Relax and relieve pains in the arm and leg joints.
- 2) Improve cardiovascular function and enhance the regulatory function of the nerves.
- 3) Increase muscular power of the arms and legs region.
- 4) Relax and loosen the soft tissues of these regions while reducing muscle spasms.
- 5) Increase the range of motion and flexibility of the whole body.



SET FOUR; EXERCISE ONE



SET FOUR ONE: PUSHING PALMS IN HORSE STANCE

Regulation of the Posture:

Starting posture: Stand upright with feet two shoulder width apart, fists at waist. **Movements:** Bend both legs, lower the upper body into a horse stance. Push both arms forward with palms facing outward and fingers pointing at each other. Return to starting posture. Remember to turn wrists inward as far as possible and keep arms straight, torso upright when pushing palms forward. Repeat a minimum of 8 times slowly, evenly and smoothly.

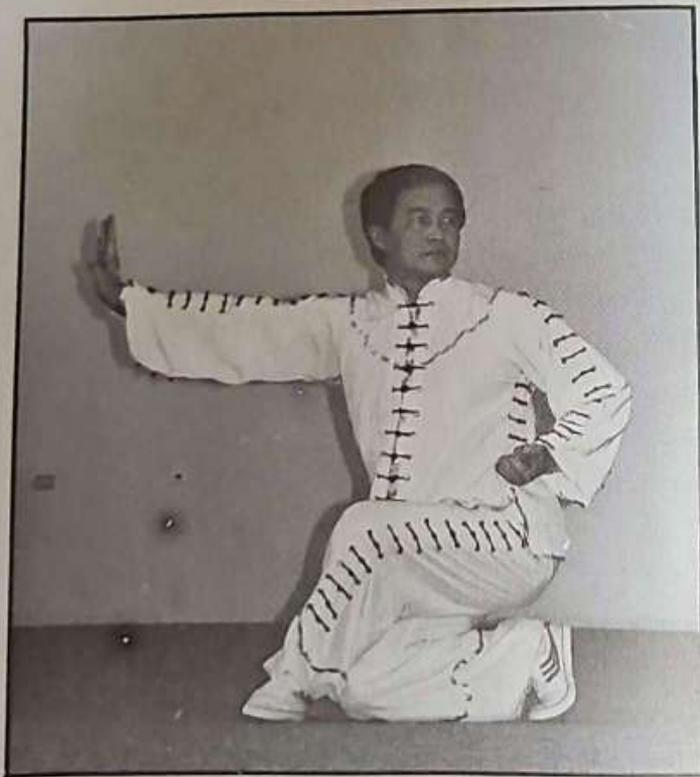
Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

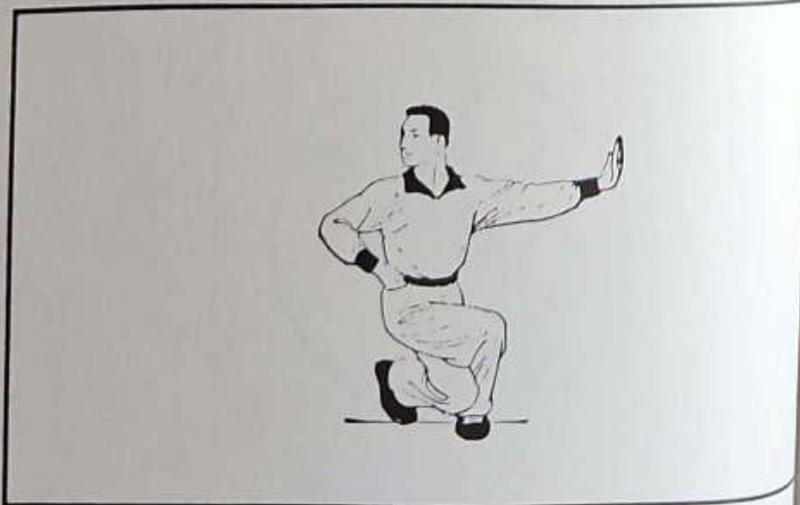
Regulation of the Breath:

Inhale in starting posture, exhale as arms are pushed out. Breathe long, slow, even and smooth.





SET FOUR; EXERCISE TWO



SET FOUR TWO: CROSS LEGS, PUSH PALMS

Regulation of the Posture:

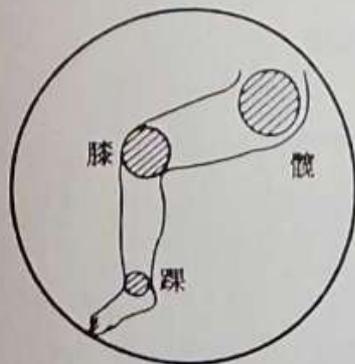
Starting posture: Stand upright with feet slightly wider than shoulder width and fists at waist.
Movements: Turn upper body to the right, cross right leg over the left leg and squat with left knee parallel to the ground. At the same time, extend the left arm with palm outward and look toward the right shoulder. Return to starting posture. Repeat on opposite side. Remember to keep torso upright, arms fully extended and body balanced when arms are pushed out. Repeat both sides a minimum of 8 times slowly, evenly and smoothly.

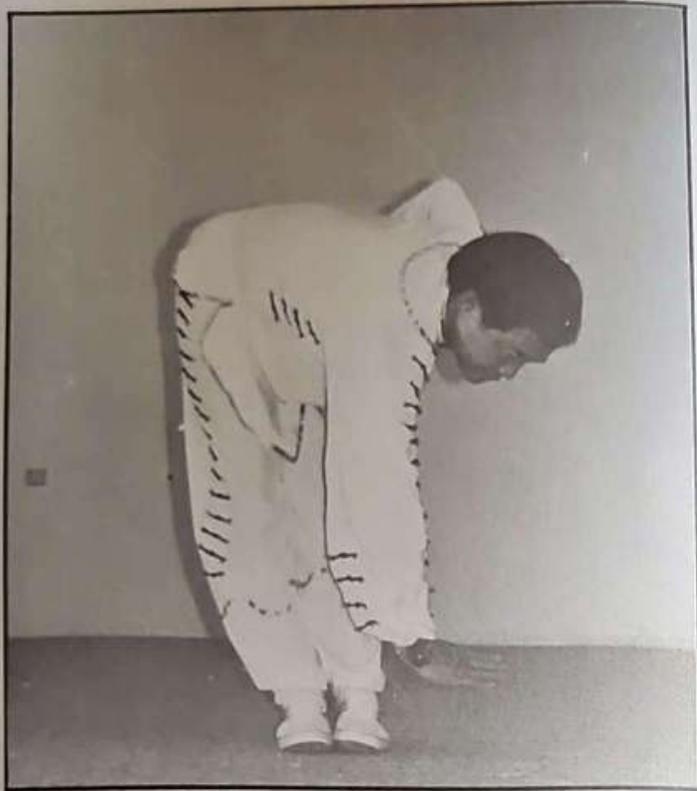
Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

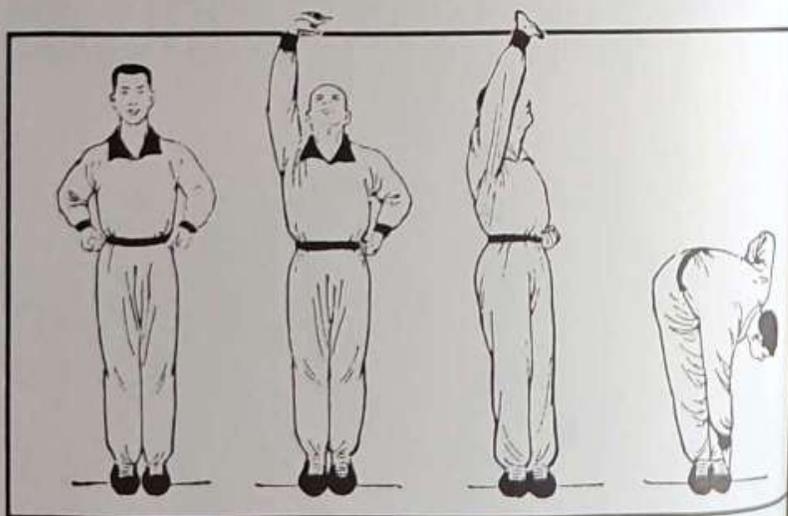
Regulation of the Breath:

Inhale at starting posture, exhale as palm pushed out. Breathe long, slow, even and smooth.





SET FOUR; EXERCISE THREE



SET FOUR THREE: PUSHING UP AND DOWN

Regulation of the Posture:

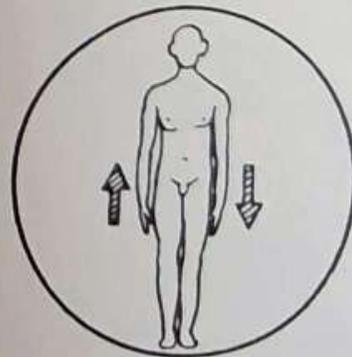
Starting posture: Stand upright with feet together, fists at waist. *Movements:* Open right fist, push right palm up while looking at back of right hand. Turn torso 90 degrees, lower right hand past the waist, bend torso while letting the right palm slide down the left leg to the left foot. Turn torso to the right, slide right palm past the left and right instep of both feet, move palm up the outside of the right leg and back into starting posture. Repeat on opposite side. Remember to keep legs straight when bending down. Repeat both sides a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

Regulation of the Breath:

Inhale as palm goes up, and exhale as palm moves down. Breathe long, slow, even and smooth.





SET FOUR; EXERCISE FOUR



SET FOUR FOUR: TURN BODY, LOOK BACK

Regulation of the Posture:

Starting posture: Stand upright with feet two shoulder widths apart, fists at waist. **Movements:** Turn torso left as much as possible, bend left leg while keeping right leg straight. At the same time, open right fist and push right palm out, keeping the right palm and right leg on a straight line. Return to starting posture. Repeat on opposite side. Remember to keep right leg straight and heels planted on the ground. Repeat on both side a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

Regulation of the Breath:

Inhale in starting posture, exhale as arm is extended. Breathe long, slow, even and smooth.





SET FOUR; EXERCISE FIVE



SET FOUR FIVE: DOWNWARD KICK

Regulation of the Posture:

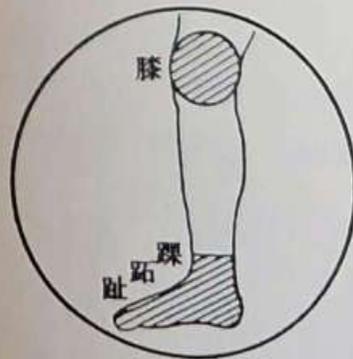
Starting posture: Stand upright with feet shoulder width apart, both hands resting at the waist and thumbs pointing backward. **Movements:** Lift left leg up with knee bent and toe pointing up. Kick down with force towards the front of the right foot. Return to starting posture. Repeat on opposite side. Remember to kick with force concentrated at the heel and keep the leg straight at the end of the kick. Repeat on both sides a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

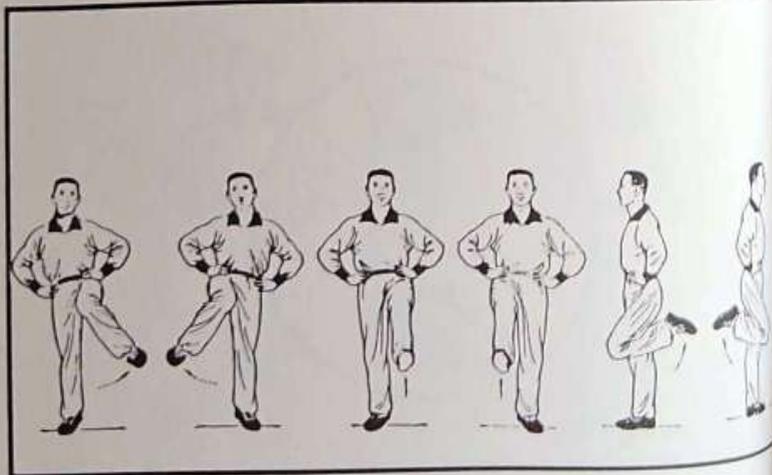
Regulation of the Breath:

Inhale as knee moves up, exhale during the kick. Breathe long, slow, even and smooth.





SET FOUR; EXERCISE SIX



SET FOUR SIX: KICK ALL SIDES

Regulation of the Posture:

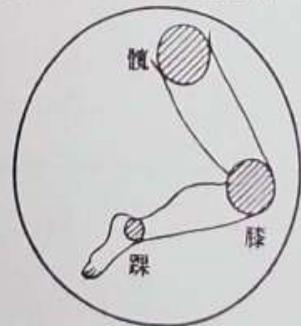
Starting posture: Stand upright with feet together and hands resting at waist with thumbs pointing back. **Movements:** Raise left leg with left knee bent and kick up and to the right. Return to starting posture. Repeat on opposite side. Raise left leg with left knee bent and kick up and to the left side. Return to starting posture. Repeat on opposite side. Raise left leg with left knee bent and kick forward. Return to starting posture. Repeat on opposite side. Bend left knee and kick backward with left heel pointing toward the left buttock. Return to starting posture. Repeat on opposite side. Remember to keep the supporting legs straight and body balanced when doing the kick. Repeat all direction a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

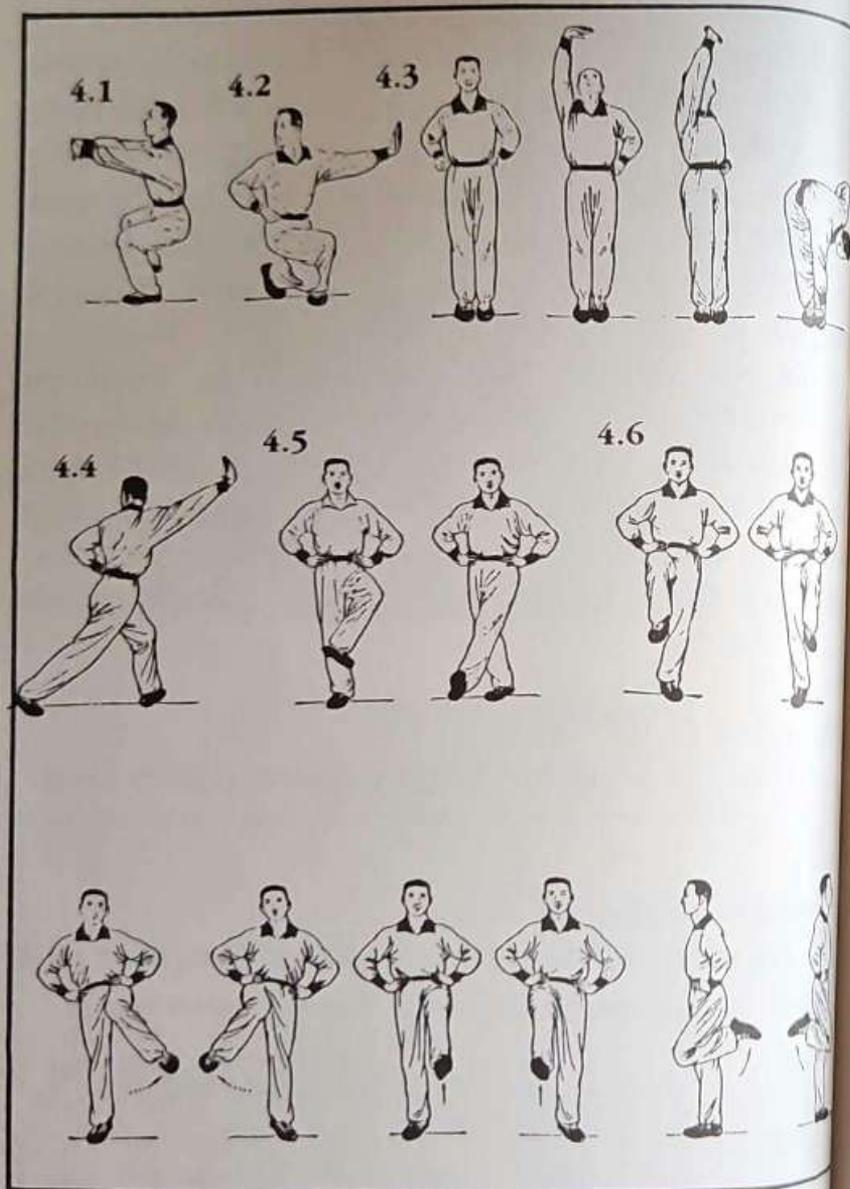
Concentration is on the Dantien (lower abdomen).

Regulation of the Breath:

Natural breathing. Breathe long, slow, even and smooth. Exhale when kicking. Do not over exert.



SET FOUR: ILLUSTRATIONS



SET FIVE EXERCISES

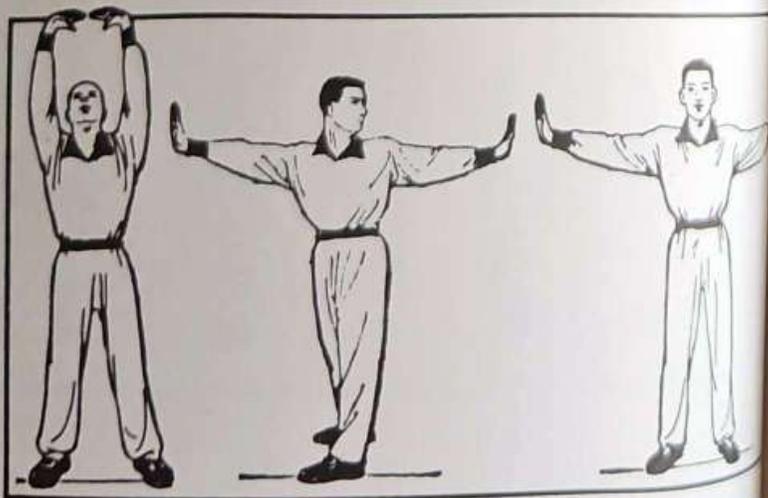
PREVENTING AND TREATING TENDON PAINS

This set of exercise mainly contains movements for the upper body and limbs. Through persistent practice, one can achieve the following benefits:

- 1) Relax joints of the shoulder, elbow and finger.
- 2) Improve blood circulation and regulatory function of the nerves and body fluids in these regions.
- 3) Relax and loosen the soft tissues of these regions while reducing muscle spasms.
- 4) Prevent and relieve tennis elbow and tenosynovitis of the wrist and fingers.



SET FIVE; EXERCISE ONE



SET FIVE

ONE: FOUR DIRECTION PALMS

Regulation of Posture:

Starting posture: Stand upright with feet slightly wider than shoulder width, half-clenched fist at waist.
Movements: Raise both hands above head, palms facing up, fingers of both hands pointing at each other while looking at the backside of the palm. Return to starting posture. Turn torso to the left, push both palms out to the side while the eyes follow the motion of the left hand. Return to starting posture. Repeat on opposite side. Push both palms out to both sides with fingers pointing up. Return to starting posture. Remember to keep torso erect throughout the exercise. Repeat all sides a minimum of 8 times slowly, evenly and smoothly.

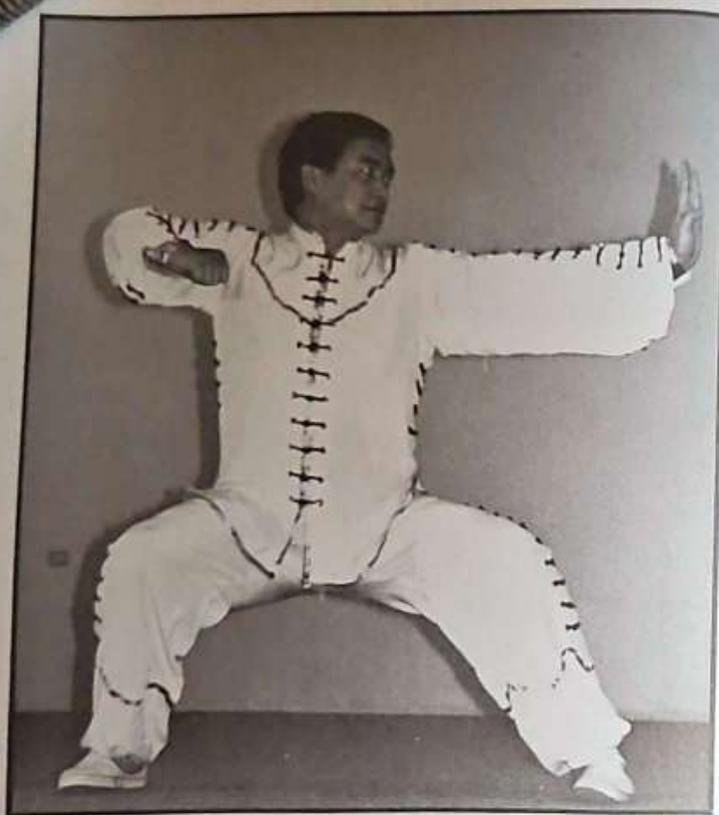
Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

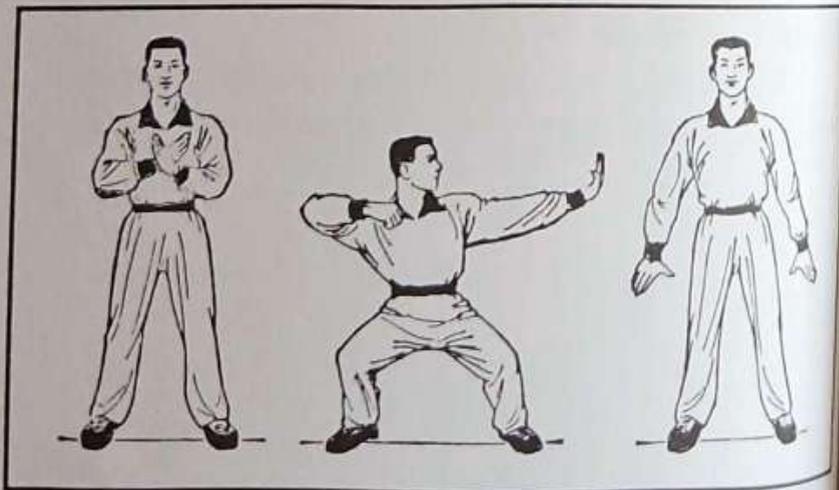
Regulation of the Breath:

Inhale in starting posture, exhale as palms are pushed out. Breathe long, slow, even and smooth.





SET FIVE; EXERCISE TWO



SET FIVE TWO: DRAWING A BOW

Regulation of Posture:

Starting posture: Stand upright with feet together and arms at side. *Movements:* Take a side-step with the left foot and cross palms in front of the chest, elbows bent and fingers pointing up. Bend both knees, shift weight downward into a horse stance, push left arm to the left, palm facing left, while looking at the backside of the left palm. At the same time, raise the right arm and pull it back with right elbow at shoulder level, parallel to ground and hand loosely clenched. Turn hands downward and straighten both legs at the same time. Return to starting posture. Repeat on opposite side. Remember to expand the chest and rotate shoulders backward as far as possible when sitting in the horse stance. Repeat both sides for a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

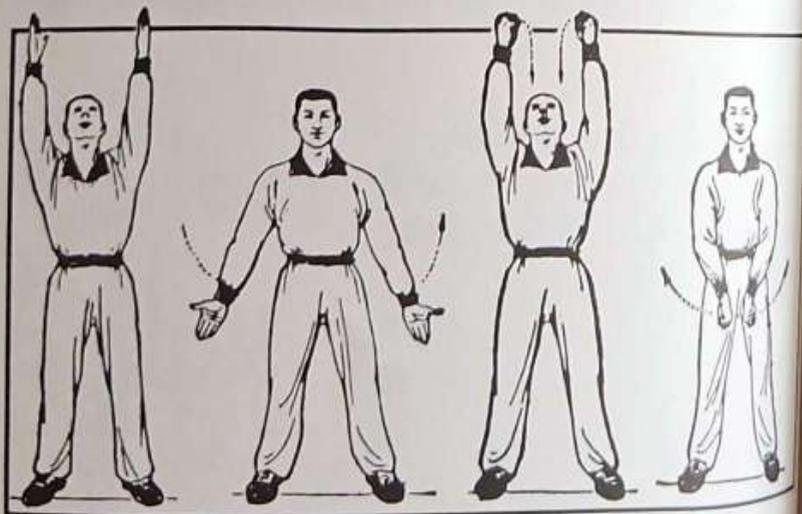
Regulation of the Breath:

Inhale to sidestep, exhale push palm. Breathe long, slow, even and smooth.





SET FIVE; EXERCISE THREE



SET FIVE THREE: STRETCH AND TURN WRIST

Regulation of the Posture:

Starting posture: Stand upright with feet slightly wider than shoulder width, fist at waist, knuckles facing down. **Movements:** Open fists, stretch arms up above the head, palms facing each other and looking up. Clench fists, drop arms to each side and return to starting posture. Repeat a minimum of 8 times. Open fists, stretch arms downward, palms facing forward. Raise arms to the side and upward till palms facing each other over the head and eyes looking upward. Clench fists, bend wrists, bend arms and move them down past the front of the body. Return to starting posture. Remember to expand the chest when arms are stretched. Repeat a minimum of 8 times. Move slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

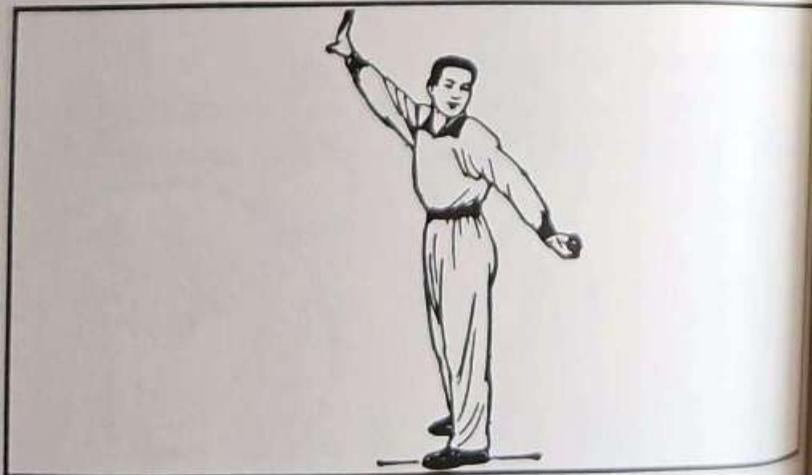
Regulation of the Breath:

Inhale as arms move up, exhale as arms move down. breathe long, slow, even and smooth.





SET FIVE; EXERCISE FOUR



SET FIVE FOUR: STRETCH ARMS FRONT AND BACK

Regulation of the posture:

Starting posture: Stand upright with feet slightly wider than shoulder width, fists at waist. **Movements:** Open the right fist and push the palms up at a slant toward the right side facing forward. At the same time, extend the left arm backward, turning the forearm so the knuckles of the left hand are facing forward, eyes follow the left fist. Return to starting posture. Repeat on opposite side. Remember to keep both arms in line and fully extend the shoulders. Repeat on both sides a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

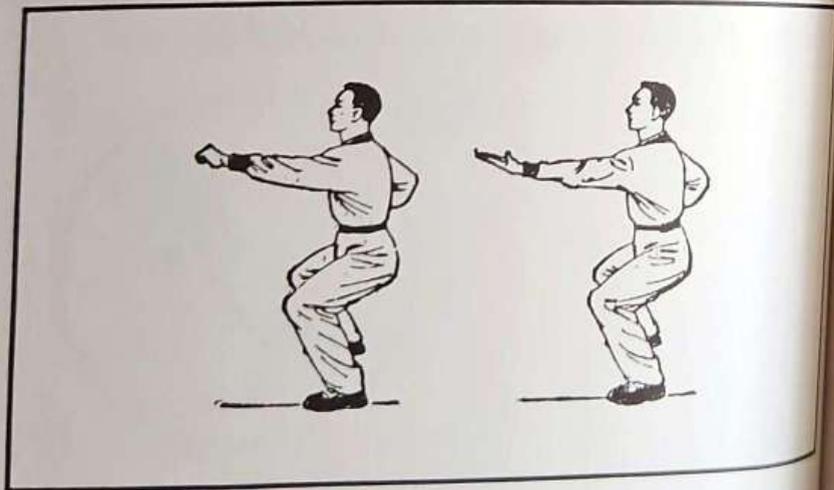
Regulation of the Breath:

Inhale in starting posture, exhale into arm stretch. Breathe long, slow, even and smooth.





SET FIVE; EXERCISE FIVE



SET FIVE FIVE: THRUSTING FISTS

Regulation of the Posture:

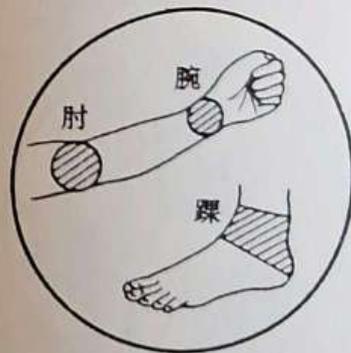
Starting posture: Stand upright with feet slightly wider than shoulder width, fists at waist. **Movements:** Bend knees, lower the upper body into a horse stance. At the same time, punch with force forward with left fist, knuckles facing up. Open the left fist and turn palm facing up then return to starting posture. Repeat on opposite side. Repeat on both sides a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

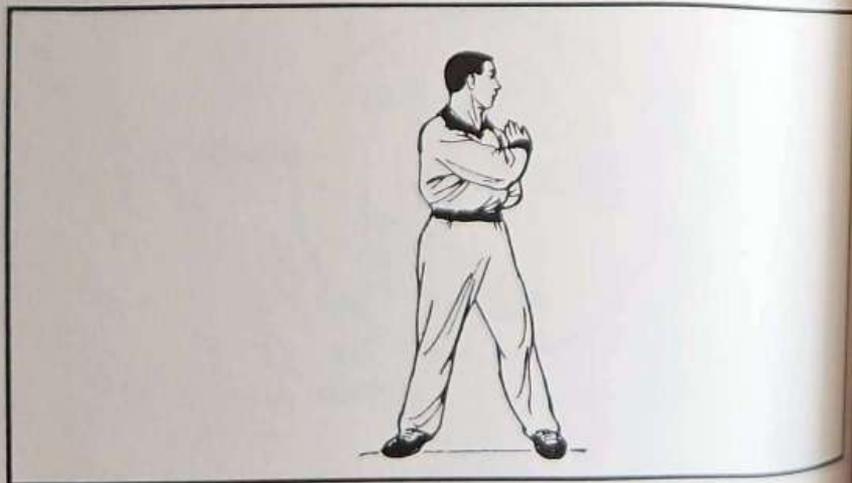
Regulation of the Breath:

Inhale in starting posture, exhale as fist punches out. Breathe long, slow, even and smooth.





SET FIVE; EXERCISE SIX



SET FIVE SIX: TWISTING THE WAIST

Regulation of the Posture:

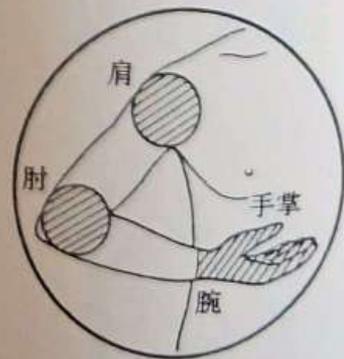
Starting posture: Stand upright with feet slightly wider than shoulder width, arms at side. **Movement:** Turn torso to the left, put right palm on left shoulder facing the left side. At the same time, place the back of the left hand on the lower back and look at the left shoulder. Return to starting posture. Repeat on opposite side. Remember to drop the elbow when hands are placed on shoulder. Repeat on both sides a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

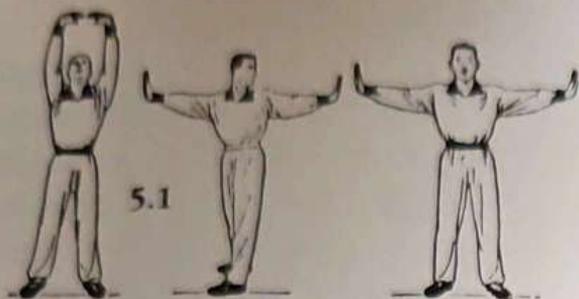
Concentration is on the Dantien (lower abdomen).

Regulation of the Breath:

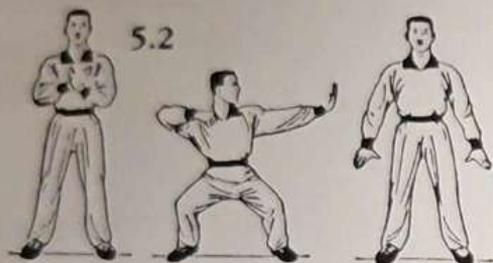
Inhale in starting posture, exhale as waist is turned. Breathe long, slow, even and smooth.



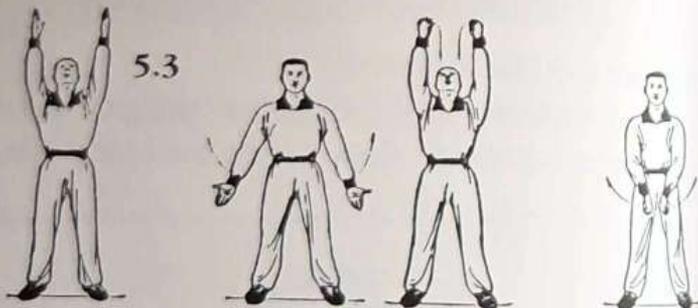
SET FIVE: ILLUSTRATIONS



5.1



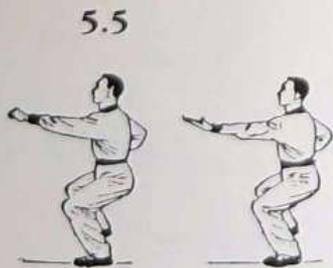
5.2



5.3



5.4



5.5



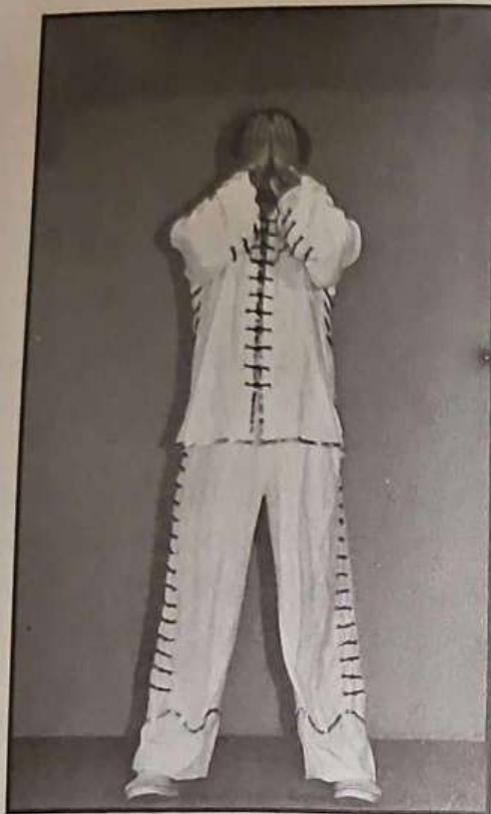
5.6

SET SIX EXERCISES

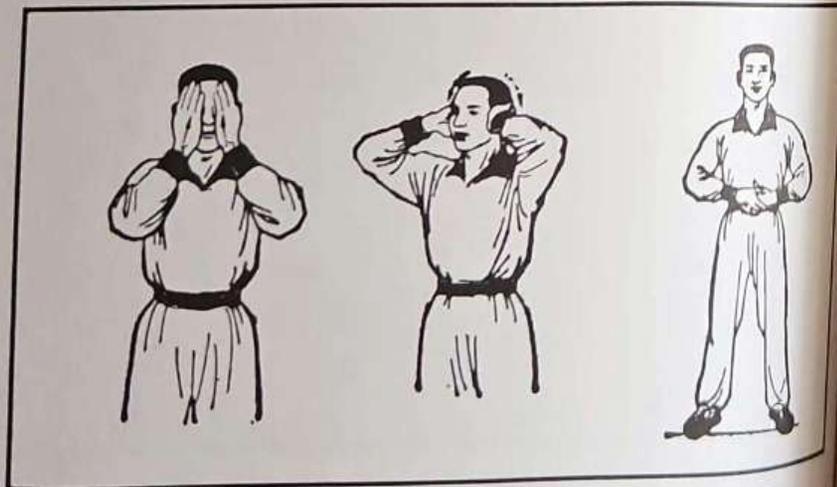
PREVENTING AND TREATING FUNCTIONAL DISORDERS OF INTERNAL ORGANS

This set of exercise contain movements of the trunk, arms and legs and involves massaging acupuncture points. Through persistent practice, one can achieve the following benefits:

- 1) Improve blood circulation and regulatory function of the nerves and body fluids.
- 2) Strengthen the functioning of the cerebrum and internal organs, heighten metabolism.
- 3) Prevent or relieve disease involving the heart, liver, lungs, kidneys, stomach, intestines and spleens.



SET SIX; EXERCISE ONE



SET SIX ONE: MASSAGING THE FACE

Regulation of the Posture:

Starting posture: Stand upright with feet shoulder width apart. **Movements:** The middle fingers of both hands are used to rub the cheeks up to the forehead then using the whole palm to rub down from the forehead to the cheek in a circular motion for a total of 8 times. Use the whole palm to massage the jaw upward to the temples and then move palms downward behind the ears for a total of 8 times. Put left palm on upper abdomen while using the right hand to knead the *shuimian* acupuncture point (one third above the second metacarpal bone) for 24 times. At the same time, push the tip of the tongue to the palate and close the eyes to concentrate while kneading the acupuncture point. Repeat on opposite side. Perform all movement in a slow, even and smooth manner.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

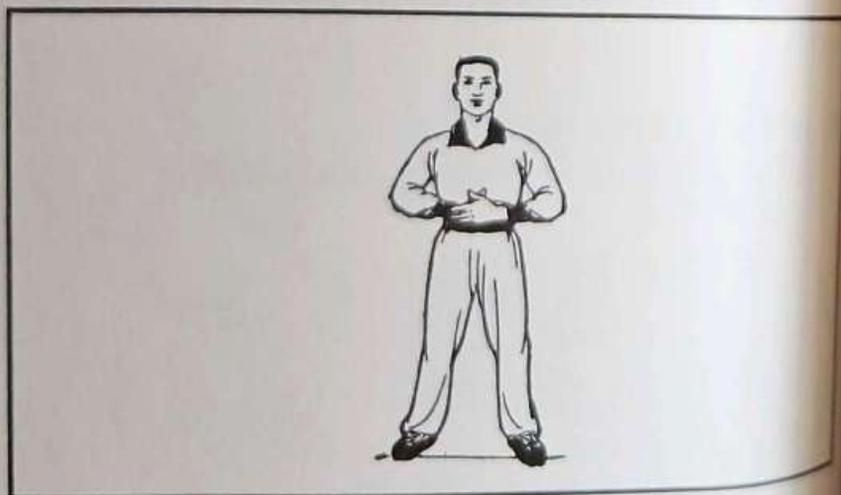
Regulation of the Breath:

Breathe long, slow, even and smooth.





SET SIX; EXERCISE TWO



SET SIX TWO: CHEST AND ABDOMINAL MASSAGE

Regulation of the Posture:

Starting posture: Stand upright with feet separated slightly wider than shoulder width, place right palm on the upper abdomen and left palm on the back of the right hand. **Movements:** Move hands in small circular motion for 8 times to massage the upper abdomen region. Enlarge the circular motion to include the chest area and the lower abdomen for another 8 times. Massage the same area in the opposite direction of motion. Starting with large circular motion for 8 times then to small circular motion for 8 times. Return to starting posture. Remember to look ahead and expand the abdomen slightly and relax when massaging. Perform all motions slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

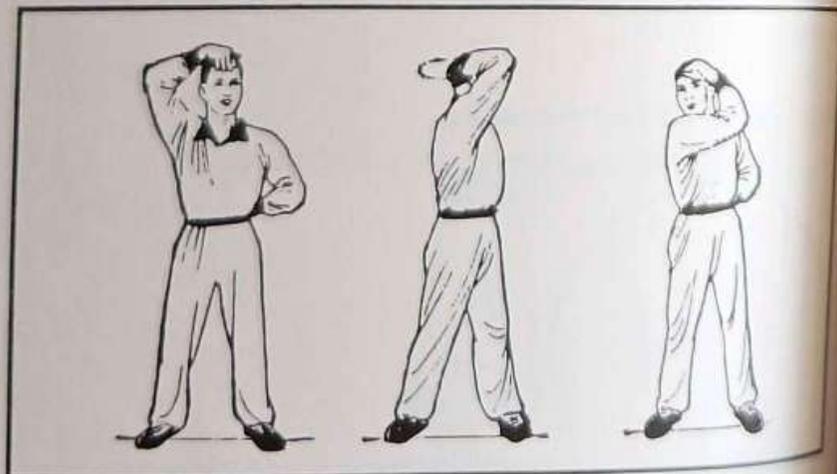
Regulation of the Breath:

Breathe long, slow, even and smooth.





SET SIX; EXERCISE THREE



SET SIX THREE: COMBING HAIR

Regulation of the Posture:

Starting posture: Stand upright with feet slightly wider than shoulder width. **Movements:** Place right palm on top of the head, fingers pointing forward. At the same time, place the back of left hand on the lower back. Move right palm backward in a combing motion while turning the body to the left side. Continue moving the right palm pass the right ear to the left side of the forehead. At the same time, turn body and head to the right side. Return to starting posture. Repeat on opposite side. Remember to exert force when combing. Repeat on both side a minimum of 8 times slowly, evenly and smoothly.

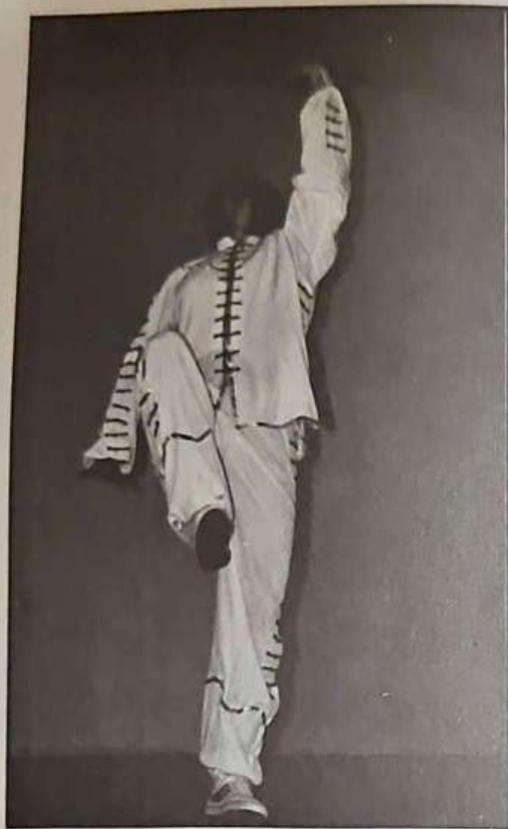
Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

Regulation of the Breath:

Breathe long, slow, even and smooth.





SET SIX; EXERCISE FOUR



SET SIX FOUR: PALM AND KNEE UP

Regulation of the Posture:

Starting posture: Stand upright with feet together, fists at waist. **Movements:** Shift weight to the left foot, push the left arm up with palm facing upward and pointing to the right, eyes follow back of left hand. Open the right fist, press it down with fingers pointing to the front. At the same time, lift the right knee up so the right thigh is parallel with ground. Stretch the arms as far as possible. Repeat on opposite side. Remember to keep torso straight and stretch the arm as much as possible. Repeat left and right for a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

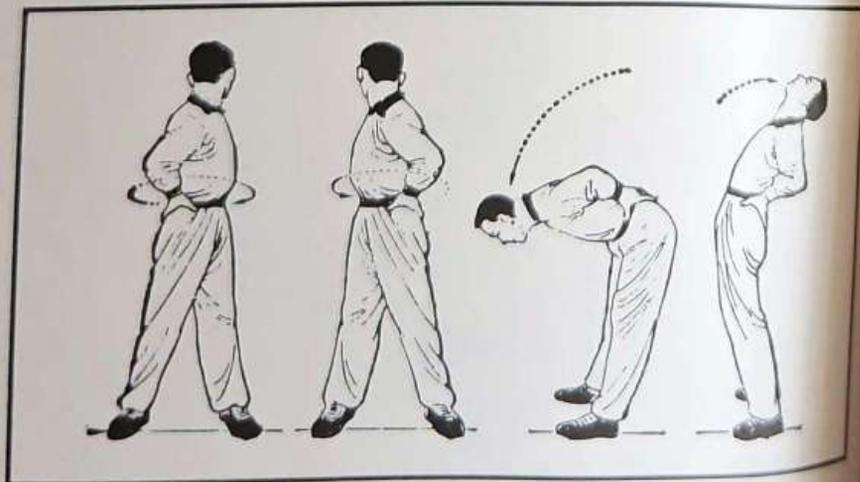
Regulation of the Breath:

Inhale in starting posture, exhale as arms moves up. Breathe long, slow, even and smooth.





SET SIX; EXERCISE FIVE



SET SIX
FIVE: TURN AND BEND

Regulation of the Posture:

Starting posture: Stand upright with feet slightly apart, fists at waist. *Movements:* Open fists and push hands up with palms facing up, finger pointing at each other, eyes follow the back of the hand. Drop hands down, rest palms on the waist, thumbs in front of the body and pointing down. Turn torso to the left as far as possible, look in direction of turn. Turn torso to the right as far as possible, look in direction of turn. Return facing forward. Bend torso forward as much as possible, straighten body up, bend torso back as much as possible then return to starting posture. Remember to keep feet flat on the ground and knees straight when doing all movements. Repeat a minimum of 8 times slowly, evenly and smoothly.

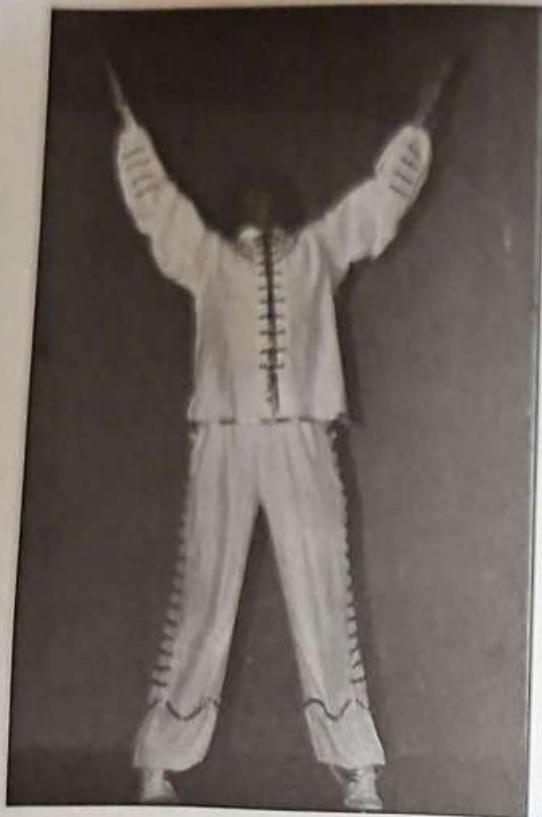
Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

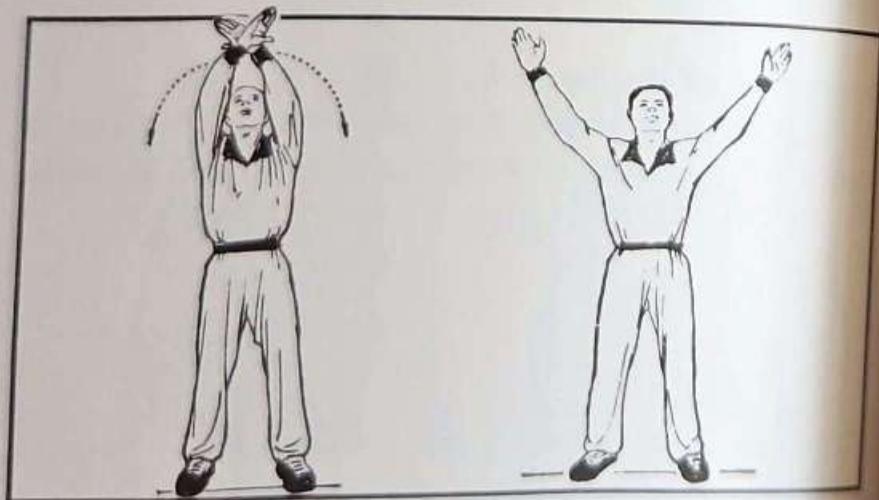
Regulation of the Breath:

Inhale in starting posture, exhale as torso is turned or bent. Breathe long, slow, even and smooth.





SET SIX; EXERCISE SIX



SET SIX SIX: STRETCH ARMS AND EXPAND CHEST

Regulation of the Posture:

Starting posture: Stand upright with feet slightly apart. **Movements:** Raise arms above head to a cross arm position. Look up, lift the heels. Drop the hands to their side back into starting posture. Remember to stretch the forearms upward with force and inhale deeply when going up. Repeat a minimum of 8 times slowly, evenly and smoothly.

Regulation of the Mind:

Concentration is on the Dantien (lower abdomen).

Regulation of the Breath:

Inhale as hands move up, exhale as hands move down. Breathe long, slow, even and smooth.



SET SIX: ILLUSTRATIONS

6.1



6.2



6.3



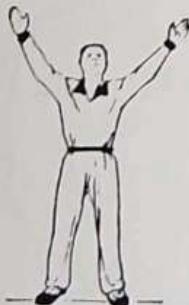
6.4



6.5



6.6



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A comprehensive program teaching 36 methods of natural healing exercise used to develop and circulate vital energy. Begin by sending a written request for the "Introduction to Chi Kung" booklet with \$12.00.

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This book details the teachings and philosophy of the Tien Tao Sect on Taiwan, Republic of China. Topics include: Rules and Regulations in Tao Cultivation; The Steps after Tao Acceptance; Requisites of Tao Cultivation; etc. \$13.00 post paid.

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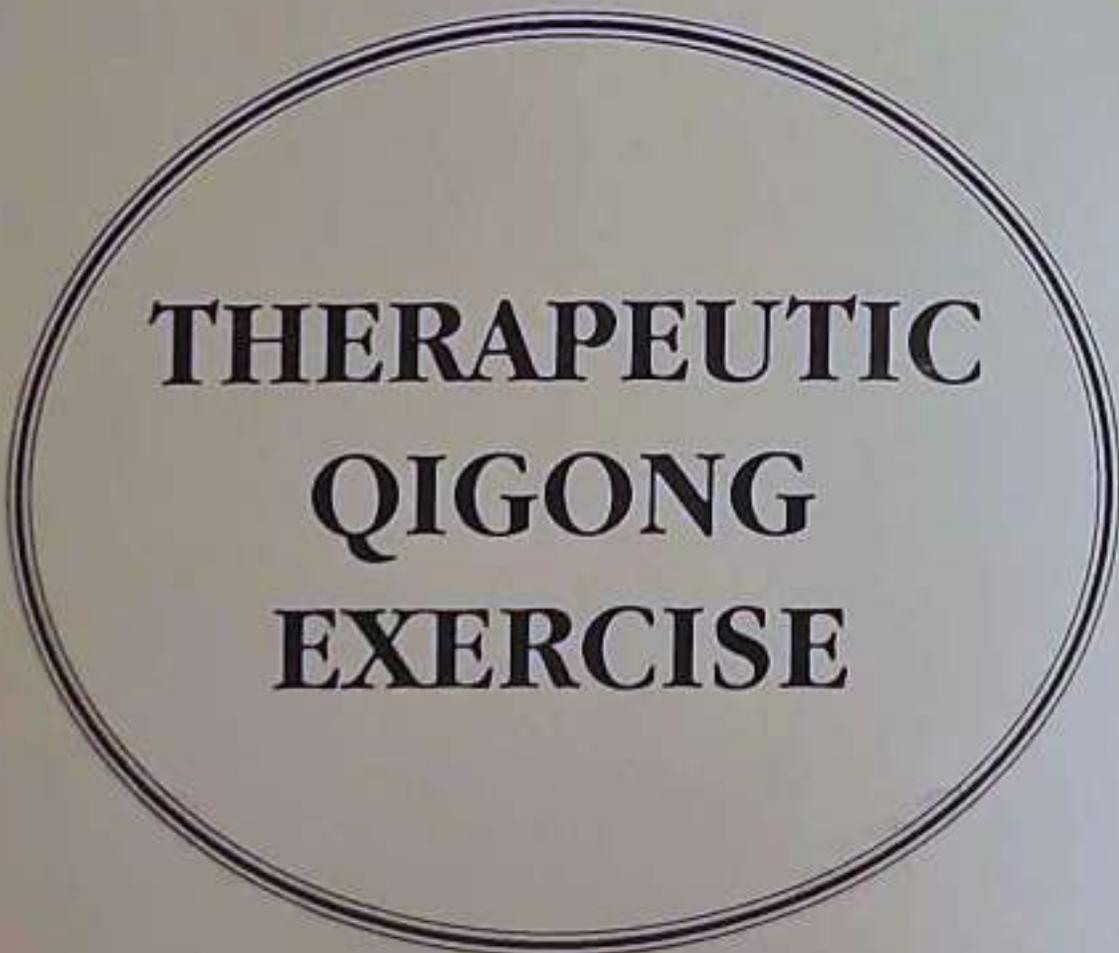
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Master Liang demonstrates Bai Yuen double-edged sword, one of the many weapons systems he teaches.

Master Liang Shou-Yu



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