

Chan Ssu Gong – Silk Reeling Qigong

NOTE: Each exercise is performed nine times.

Breathing:

1. Three times at beginning
2. Once between exercises
3. Three times at end

	Movement	Stance	Direction	Breath
1.	Turn and Look to the Corners	Horse Stance	Left and Right	Inhale - turn out Exhale - turn to center
2.	Circle Pai Hui (crown of head)	Horse Stance	Counterclockwise and clockwise	Exhale - down Inhale - up
3.	Circle Shoulders	Bow Stance	Left and Right / Forward and Backward	Inhale - down and forward Exhale - back and up
4.	Eagle Pierces Sky – Single Palm	Bow Stance	Left and Right	Inhale - up Exhale - down
5.	Fox Bays at Moon	Bow Stance	Left and Right	Inhale - forward Exhale - back
6.	Jade Lady Waves at the Crowd/ Single Hand Stork Cools Wings	Bow Stance	Left and Right	Inhale - up Exhale - down
7.	Man Lazy About Tying Coat	Horse Stance	Left and Right	Inhale - up Exhale - down
8.	A. Monkey Serves Fruit B. Snake	Bow Stance	Left and Right	Inhale – up and forward Exhale – down and back
9.	Fountain & Reverse Fountain	Horse Stance		Inhale - up Exhale - down
10.	A. Inward Crane B. Outward Crane	Horse Stance		Inhale – around and in Exhale - out
11.	Elbow Circles – Single Palm	Bow Stance	Left and Right / Backward and Forward	Inhale - up Exhale - down
12.	Arm Circles – Single Palm	Bow Stance	Left and Right / cw and ccw	Relax and breathe
13.	Spinning Wrists – Single Palm	Horse Stance	Left and Right / cw and ccw	Relax and breathe
14.	Circle Knees	Cat Stance	Left and Right / cw and ccw	Relax and breathe
15.	Circle Feet	Single Leg Stance	Left and Right	Relax and breathe