

健身气功<五禽戏> (口令)

Five Animals Qigong Exercise

Step to side with arms hanging loosely, look forward, and tongue touch the roof of your mouth, settle the mind into a calm, peaceful state of concentration, natural breathing.

Tiger Play: (虎戏)

A. Raising Tiger's Claws: (虎举)

1. Make a fist – Lift up – Make a fist – Pull down
2. Fist – Lift up – Fist – Down
3. Fist – Lift up – Fist – Down
4. Fist – Lift up – Fist – Down

B. Seizing Prey: (虎扑)

1. Raise hands – Stretch forward – Push down – Raise – Seize down (R)
2. Raise – Stretch – Down – Raise (up) - Seize (Left Leg out)
3. Raise – Stretch – Down – Raise (up) - Seize (Right Leg out)
4. Raise – Stretch – Down – Raise (up) - Seize (Left Leg out)

Raising hands from side – Bring in – Push down.

Deer Play: (鹿戏)

A. Colliding with the Antlers: (鹿抵)

1. Step out – Turn Waist – Look Down – Return back
2. Step out – Turn – Look – Return
3. Step out – Turn – Look – Return
4. Step out – Turn – Look – Return

B. Running like a Deer: (鹿奔)

1. Step forward – Move back – Forward – Return and switch step
2. Step forward – Back – Forward – Return
3. Step forward – Back – Forward – Return
4. Step forward – Back- Forward – Return

Raising hands from side – Bring in – Push down.

Bear Play: (熊戏)

A. Rotating the Waist like a Bear (熊运)

1. Move to Right - Up - Left - Down
2. Right - Up - Left - Down
3. Move to Left - Up - Right - Down
4. Left - Up - Right - Down

B. Swaying like a Bear (熊晃)

1. Raise left hip - Put down - Sit back - Lean forward
2. Raise right hip - Put down - Sit back - Lean forward
3. Raise left hip - Put down - Sit back - Lean forward
4. Raise right hip - Put down - Sit back - Lean forward

Raising hands from side – Bring in – Push down.

Monkey Play: (猴戏)

A. Lifting the Monkey's Paws (猴提)

1. Raise up - Turn head to left - Push down
2. Raise up - Turn head to right - Push down
3. Raise up - Turn head to left - Push down
4. Raise up - Turn head to right - Push down

B. Picking Fruit (猴摘)

1. Step back left - Roll back - Watch - Push down - Pick up fruit - Take back
2. Step back right - Roll back - Watch - Push down - Pick up - Take back
3. Step back left - Roll back - Watch - Push down - Pick up fruit - Take back
4. Step back right - Roll back - Watch - Push down - Pick up - Take back

Raising hands from side – Bring in – Push down.

Bird Play: (鸟戏)

A. Stretching Upward (鸟伸)

1. Raise up - Push down - Separate hands - Raise left leg
2. Raise up - Push down - Separate hands - Raise right leg
3. Raise up - Push down - Separate hands - Raise left leg
4. Raise up - Push down - Separate hands - Raise left leg

B. Flying like a Bird (鸟飞)

1. Raise arms and left leg - Down - Raise up - Down
2. Raise arms and right leg - Down - Raise up - Down
3. Raise arms and left leg - Down - Raise up - Down
4. Raise arms and right leg - Down - Raise up - Down

Raising hands from side – Bring in – Push down.